

RED **BOOK**

love your life

Beat stress

15 ways to tame tension—because stress doesn't take a summer break

21

SWIMSUITS
YOU'LL FEEL
GREAT IN

What men wish you knew

Their fantasies,
their fears,
and why they
never stop
wanting you

HEIDI KLUM

What she gave up
to keep her
marriage sizzling

HOT HUSBANDS

+ celeb dad
Chris O'Donnell

See back cover for
our BONUS guy
section

HEALTH ALERT

The
young
women's
cancer
you can
prevent



**Reliability, now available with
French-stitched leather, heated front
seats, and acoustic laminated glass.**



Presenting the Chevy Malibu. We've made a world-class car accessible to all. The lines are smooth and clean. Handling is precise and responsive. Everything about the Malibu, from its available French-stitched, leather-appointed seats to the noise-dampening acoustic laminated glass, feels like a car that costs much more. Equally impressive is Malibu's dependability, backed by a 100,000-mile/5-year Powertrain Warranty.¹ It was even named A Consumers Digest Best Buy two years in a row. Everyone deserves a car with all the amenities and reliability at a price they can afford. **LS starts at \$22,545.² Find out more at Chevy.com**

Excellence for All



2010 LTZ as shown, \$28,000²

¹ Whichever comes first. See dealer for limited-warranty details. ² MSRP. Tax, title, license, dealer fees and optional equipment extra. Chevrolet and Malibu are registered trademarks and Chevy is a trademark of General Motors. © 2010 General Motors. Buckle up, America! The Best Buy Seal is a registered trademark of Consumers Digest Communications, LLC, used under license.



for skin so tight, so toned,
it defies gravity.

*In a clinical trial after 4 weeks use. **Based on a consumer perception study relative judged they looked up to 5 years younger starting in 4 weeks. ©2010 Garnier LLC.

NEW

Sarah Jessica Parker

GARNIER Ultra-Lift Pro™ Gravity Defying Cream



[WITH SKIN LIFTING NUTRIENTS]



CLINICALLY PROVEN*

RESULPTS CHEEKS, JAWLINE AND NECK



LOOK UP TO 5 YEARS YOUNGER
IN JUST WEEKS**

Take care.
GARNIER
www.garnier.com

June



p.31

You'll want to rock these blue-green baubles.

Style Scoop

- 31 **Trend Flash** 2010's hot color: turquoise.
- 32 **Sandals Six Ways** The season's most irresistible styles.
- 34 **Wrap Stars** Tough and studded, girly and glam—there's a wrap bracelet for everyone.
- 36 **UngUILTY Pleasures** Grab one of these under-\$50 bags and stay stylish all summer.
- 38 **Beauty Checklist**
- 40 **Red Carpet to Redbook** Soft, sexy tendrils.
- 42 **Take 5** Get your floral fix with a pretty spritz.
- 44 **10 Instant Glow-Getters** Snag radiant, tan skin—the safe way.
- 128 **Suit Up!** The season's best swimsuits to flatter any figure.

Your Love Life

- 51 **7 More Reasons to Have Sex**
- 52 **Love Notes** Spicing up dinner and a movie.
- 54 **"Help! Sometimes Sex Hurts"** Naked truths from Hilda Hutcherson, M.D.
- 56 **How We Stay Close** Running together keeps this couple's hearts beating faster.
- 58 **Sex Life Road Test** Taking turns with his 'n' hers pleasure.
- 60 **Marriage Makeover** The only thing this couple can agree on is that they disagree on everything. Our expert helps.

p.134

Get the calm you crave with our simple de-stress secrets.



On the Cover

- 124 **Heidi Klum**
- 134 **Beat Stress**
- 128 **21 Swimsuits You'll Feel Great In**
- 75 **The Young Women's Cancer You Can Prevent**



Chris O'Donnell photographed exclusively for REDBOOK by Matt Jones. To help your guy capture Chris's classic, sporty vibe, spritz him with Giorgio Armani Acqua Di Gio Pour Homme Eau de Toilette Spray. See shopping guide, page 184, for details on clothing.

Special Guy Section

Flip this magazine over for...
What Men Wish You Knew
Hot Husbands
 ... and much more!

June

Body & Mind

- 69 **Sugar Shocker** The truth about sweeteners.
- 70 **Yes, You Can Be Healthier This Month**
- 75 **Skin Cancer News: Keep Yourself Safe In (and Out Of) the Sun**
- 88 **"What's the Smartest, Simplest Way to Eat Right?"** Alice Domar, Ph.D., weighs in.
- 90 **What I Did for Me** Learning to play the cello opened a new world for one woman.
- 134 **How to Have a Stress-Free Summer**

Making It Work

- 97 **Why Not Let Dad Take the Lead?**
- 98 **What Works** Why your boss wants you to take a vacation.
- 101 **It's a Woman's World** A new book helps you make the most of your power.
- 104 **Are Your Friends Making You Overspend?** Beth Kobliner helps you put mind over money.
- 108 **"I Created the Child-Care Solution I Needed"** One mom's clever plan.
- 112 **I Worry, Therefore I Am** Alice Bradley shares her adventures in parenting.
- 116 **Mom Life** A mom's mission to end hunger.
- 120 **REDBOOK Hero: Rescuing Girls and Women From the Sex Trade** Sarah Symons helps victims of human trafficking.

Living

- 143 **Get in the Swing of Summer**
- 144 **Go Greek!** Kick off summer with this easy-to-make array of Mediterranean eats.
- 156 **Get the Look** Transform your backyard into a sunny island escape.
- 159 **Fresh Fish Dishes** Fast seafood suppers.
- 166 **Hungry Girl's Dynamite Dessert Duos**

Downtime

- 169 **Movies, Music, TV, Books, and Fun**
- 174 **How We Got Our Sexy Back** One couple revives their mojo in Mexico.
- 180 **Red in the Face**



p. 97
Dad's got more skills than you think.

In Every Issue

- 8 From the Editors
- 10 Red Letters
- 12 Redbook Etc.
- 19 Just In Time
- 182 Win It!
- 184 Shopping Guide



SUBSCRIPTION QUESTIONS?

Please go to service.redbookmag.com for all inquiries.



Heidi Klum photographed by Rankin. Hair by Helena Faccenda at traceymattingly.com. Makeup by Matthew Vanleeuwen at traceymattingly.com. Stylist: Vincent Boucher at cloutieragency.com. Get Heidi Klum's look with makeup and hair care by Victoria's Secret. Makeup: VS Makeup Bronzer/Highlighter Trio. VS Makeup Eyeliner in Exotic Plum. VS Makeup High-Definition Mascara. VS Makeup Lip Gloss in Lover. VS Makeup Silky Eyeshadow Lustre in Champagne. Hair: So Sexy Volume Big & Full Root Lift and Brilliant & Glossy Shine Mist.

CHRISTOPHER ROBBINS/GETTY IMAGES

Bedroom confessions, true mom moments, recipes, sweeps & more at redbookmag.com.

MADE FOR HIM.

MADE FOR HER.

MADE FOR WORK.

MADE FOR PLAY.

MADE FOR MY LIFE.

MADE



FOR

AMERICAN LIVING

Exclusively at
JCPenney
Every Day Matters®

Exclusively at
JCPenney
Every Day Matters®

MADE FOR



NIGHTS OUT

MADE



FOR

AMERICAN LIVING

Men / Women / Kids / Home

AMERICANLIVING.COM

**FIND THE RIGHT
COLOR CARE SYSTEM
FOR YOUR HAIR.**



VOLUME

Infuses flat hair with body.



SMOOTH

Smooths frizz. Improves texture.

L'ORÉAL
PARIS
HAIR EXPERTISE
Because you're worth it™

©2010 L'Oréal USA, Inc.

Hello

June is hot, hot, hot!

Here's a list of things to love about summer: Longer days and warmer nights. Sexy new swimsuits. Lingering over dinner in the backyard. Stylish sandals and a new pedicure to go with them. Air-conditioned movie theaters. That healthy, *sunless* glow. Splashing around with your kids. And—why not?—showing a little skin. Our June issue is packed with all these pleasures and more, including advice to help you get through the days that aren't so lazy (see "How to Have a Stress-Free Summer," page 134). And don't miss our bonus guy section—just flip this issue over to read about Hollywood superdad Chris O'Donnell, America's Hottest Husband (chosen by you!), and all the sweet and sexy secrets men don't always share but are dying for you to know. Now that's hot!

From the Editors

Our unforgettable day with Daisy

REDBOOK was thrilled to have style maven Daisy Fuentes join us at our second-annual Beauty Bash in New York City this spring. Daisy is passionate about inspiring women to find and nourish their inner beauty and confidence at every age. That's the mission of her new book, *Unforgettable You*. "Part of aging gracefully means realizing that you're 40 when you're actually 40," she writes. "The whole anti-birthday nonsense is kind of annoying. When did we stop enjoying birthday celebrations? Twenty-eight, 30, 38? ... It's your birthday! Take it back!" What a beautiful idea.



WANTED EVEN MORE REDBOOK?

- Follow us on Twitter redbookmag.com/twitter
- Find us on Facebook redbookmag.com/facebook
- Sign up for our weekly newsletter redbookmag.com/newsletters



CORRECTION The chic, feminine denim ruffle dress worn by Jennifer Lopez on our May cover is by 830Sign. For the inside covers, the credits are as follows: sequined dress, Talbot Runhof; vest and pants, Blouson Noir, and hat, Stetson; metallic gown, Talbot Runhof.



Our own design star

Love HGTV's hit show *Design Star*? Lucky for you it's back on the air beginning Sunday, June 13—and this season REDBOOK is getting into the action. Tune in to the show on June 20 (10 p.m. ET) to see our fashion director, Audrey Slater, judge the contestants' work in a cool fashion-inspired interior-design challenge. Go to hgtv.com for more info.



L' O R É A L[®]
PARIS

IS YOUR COLOR PROTECTED WITH
THE #1 SULFATE-FREE
COLOR CARE SYSTEM?

EVERPURE

SULFATE-FREE
COLOR CARE SYSTEM™

KEEPS COLOR PURE
FOR UP TO 32 SHAMPOOS.



*Based on [RI] (unit sales) data in US food, drug and mass market
retailers (excluding Walmart) during 1/1/09 - 1/24/10.

“Breast is best!”

“Formula is fine!”

What you're
saying at
redbookmag.com

“My nipples are sore”; “It’s not easy.” These are poor excuses for moms to justify a choice that’s easier for themselves despite their baby’s best interest. I’m not a breast-feeding fanatic or a La Leche member. I’m just a mom who looked at the facts and made the sacrifice to do what was healthier for my baby. —netcorruptor

I endured the sting of judgmental moms for bottle-feeding my baby, despite the fact that I had four doctors confirm that not breast-feeding was okay. The playground moms may think they’re experts, but I’ll take the word of someone with a medical degree. —jcmom79

I was so happy to read this article! After almost 2½ months of not getting a good milk supply, I decided that formula was the route to go. All moms want to give their children the nourishment they need, so why do we insist on making one another feel horrible for the choices we make? —danielledlund

When Erin wrote about wanting to nurse but worrying about staying off her cancer meds, I wanted to jump through the computer and say, “Sweetie, the best thing you can give your baby is a healthy mom.” It’s a relief to see that she came through the battle of new motherhood relatively unscathed. (Well, besides that mastitis. Sounds hellish.) —FearlessFormulaFeeder

Our May article “No, You Don’t Have to Breast-Feed” sparked passionate responses from both sides of the breast vs. bottle debate.

■ I found Erin Zammett Ruddy’s article very disappointing. Every woman has the right not to breast-feed, and I’m sorry that Erin felt judged. But ask any breast-feeding mom whether she’s been judged, and you’ll get a resounding “yes.” These moms have to fight to feed their babies in public, fight for a place at work to pump, and field comments from ill-informed people (I was told that after six

way I could have nursed them for as long as I did. As your article states, “We have choices!” Keep up the good work, REDBOOK!

—Kristina Zorn, Redondo Beach, CA

■ “No, You Don’t Have to Breast-Feed” was so discouraging! The writer did nothing to encourage new moms, and the comments from other moms were even worse. Where were the women who had great experiences nursing? When I nursed my babies, I found the encouragement and success stories of other women to be incredibly helpful. The last thing a new mom needs to hear is “Breast-feeding is painful and terrible.”

—Rebecca Horvath, Johnson City, TN

■ “No, You Don’t Have to Breast-Feed” was exactly what I needed to hear when I had my son. I felt immense pressure to breast-feed. Everyone from the receptionist at Jiffy Lube to my doctor insisted I do so, and I went along with it because I thought it was what I was supposed to do to be a good mother. After suffering through mastitis, I quit. And my son, a (gasp) formula-fed baby, is in the fifth-grade reading group at age 6! He’s kind, he’s active, and he’s not obese. Thank you, REDBOOK! —S. Long, Seattle



months, moms are just breast-feeding for themselves). We need to support breast-feeding mothers, and your choice to run this piece was anything but supportive or empowering. —Tracie Schwertley, Oswego, IL

■ Thank you for showing the pros and cons of breast-feeding. It’s amazing how polarizing this issue can be. I wholeheartedly agree that whatever makes a mother the best mom she can be is the right decision. I breast-fed my three children, but I’m also a stay-at-home mom. If I was working full-time, there is no

Tell us what you’re thinking!

Email redbook@hearst.com, or write to us at: REDBOOK Mail, 300 W. 57th St., New York, NY 10019. Letters may be edited for clarity and length.

OLAY

OLAY
• REGENERIST
regenerating
serum

Not drastic.

*JUST FANTASTIC,
younger-looking skin.*

OLAY
• REGENERIST
night recovery
cream

OLAY
• REGENERIST
micro-sculpting cream

#1 Moisturizer #1 Night Cream #1 Serum

Women everywhere have made Regenerist number one. For good reason. These products work. Though not surgical results, Micro-Sculpting Cream delivers results superior to department store creams costing hundreds more.

*Based on \$ sales in food/drug/mass outlets for 12 months ending 12/19/09.

Love the skin you're in.™

REGENERIST

redbookmag.com

YOUR SUMMER-FUN CHECKLIST

Recharge your batteries and reward yourself for making it through another long winter with the season's simple pleasures. Log on to **redbookmag.com** for sizzling date ideas, free warm-weather thrills, and more fun ways to soak up the sun.

Pack a perfect picnic

● redbookmag.com/picnic



You don't need a fancy wicker basket full of expensive gourmet food to have an ideal picnic. Instead, grab an old blanket, try out these simple and delicious menu ideas, and get ready for an unforgettable outdoor meal.

Plan a steamy date night

● redbookmag.com/summerdates



Start your own heat wave! A scantily clad dip in the pool, nighttime stargazing from a rooftop—great summer dates make the most of the weather. Take him out for a few of these hot adventures, and your love life will be sizzling long past Labor Day.

Have fun in the sun—for free

● redbookmag.com/freefun



The best things in life—and especially summer—are free. Want more proof? Take a dash through a neighbor's sprinkler on a scorching day! These don't-cost-a-cent activities are sure to put a smile on your face and chill you out on the cheap.

Sip a refreshing summer drink

● redbookmag.com/summerdrinks



There's nothing like cooling down with an icy beverage when the mercury rises. Whether you're hosting a cocktail party or just looking for a shake-up at the lemonade stand, our summer drink recipes satisfy. Passion fruit mojitos, anyone?

HIT THE BEACH



Can't swing a trip to the shore? You can still escape with a quick round of Beach Sudoku. Summery icons like shells, sunglasses, and sand pails take the place of numbers in this hot twist on the popular puzzle. Play it—and the rest of our fun, addictive games—for free at **redbookmag.com/games**.

SITTING COMFORTABLY INDEX

UNCOMFORTABLE

COMFORTABLE

Lava

Tree Stump

Airplane
Seat

First-Class
Airplane Seat

Anywhere in
Sweatpants

La-Z-Boy Furniture
with ComfortCore Technology

Port-a-Potty



The Daphne Room Group and Riley Recliner

There's comfortable. Then there's ComfortCore™ comfortable.

ComfortCore Technology is our latest innovation in comfort. It features four distinct zones of cushioning, each designed for ideal firmness. Softer at the front of the cushion to ease pressure behind the knees. Firmer in the back for optimal support. Two more layers of cushioning provide overall comfort, durability and a final layer of softness. It's just one more reason why nothing compares to the comfort of La-Z-Boy. To experience our line of Premier sofas with ComfortCore, visit a La-Z-Boy retailer. **Learn more at la-z-boy.com/comfortcore.**



L A **Z** B O Y • **Comfort. It's what we do.**

GARNIER® FRUCTIS®

TRIPLE NUTRITION

TRIPLE THE NUTRITION:
3 WEIGHTLESS OILS
PENETRATE DEEP



OLIVE OIL
nourishes the core



AVOCADO OIL
softens the middle



SHEA OIL
smoothes the surface

**TRANSFORM DRY HAIR WITH NUTRITION.
UNLEASH SMOOTH & SILKY.**



PROVEN TO PERFORM:
Hair is 3X stronger, 3X healthier.*

Take care.
GARNIER
get nutrition @ garnier.com

*With Garnier Fructis Triple Nutrition Shampoo and Conditioner after 1 use. ©2010 Garnier LLC.

REDBOOK

love your life

Editor-in-Chief Stacy Morrison

EXECUTIVE EDITOR Alison Brower CREATIVE DIRECTOR Holland Utley

MANAGING EDITOR Kim Cheney

DEPUTY EXECUTIVE EDITOR Melanie Mannarino

SPECIAL PROJECTS DIRECTOR Lori Berger

DIRECTOR, REDBOOK ONLINE Lili Zarghami

DEPUTY EDITOR, FEATURES Andrea Bauman Gordon

FASHION DIRECTOR Audrey Slater

BEAUTY DIRECTOR Cheryl Kramer Kaye

HOME & LIFESTYLE EDITOR Krissy Tiglias

FOOD EDITOR Barbara Chernetz

HEALTH EDITOR Camille Chatterjee

ASSISTANT MANAGING EDITOR Megan Collins

SENIOR EDITORS Cari Wira Dineen, Holly Hays

BEAUTY EDITOR Krista Bennett DeMaio

ASSOCIATE FASHION EDITOR Cristina Desposito

ASSISTANT EDITORS Anna Davies, Lindsey Palmer, Nicole Yorio

ASSISTANT TO THE EDITOR-IN-CHIEF Leticia Frazao

Art

ART DIRECTOR Cara Reynoso

DIGITAL IMAGING SPECIALIST Ralph Ruggiero

DEPUTY ART DIRECTOR Sarasvati Muñoz

ASSISTANT ART DIRECTOR Danielle White

Photography

PHOTO DIRECTOR Bruce Perez

PHOTO EDITOR Rosaliz Jimenez

ASSISTANT PHOTO EDITOR Susan Sheeran

Research & Copy

SENIOR RESEARCH EDITOR Lauren Oster

ASSOCIATE RESEARCH EDITOR Cristina González

COPY EDITOR Laurel Leicht

Online

WEB EDITOR Briana Mowrey

ASSOCIATE WEB EDITOR Kara Falchini Illig

CONTRIBUTING EDITORS

Laura Berman, Ph.D., Alice Bradley, Alice Domar, Ph.D.,
Laura Berman Fortgang, Jane Greer, Ph.D., Scott Haltzman, M.D.,
Hilda Hutcherson, M.D., Karen Karbo, Ian Kerner, Ph.D.,
Beth Kobliner, Lisa Lillien, Julie Morgenstern,
Lou Paget, Tina Tessina, Ph.D., Aaron Traister, Michele Weiner-Davis

For customer service regarding your subscription—
such as renewals, address changes, and account status—
go to service.redbookmag.com or write to
REDBOOK, P.O. Box 7186, Red Oak, IA 51591.

GARNIER® FRUCTIS®

TRIPLE NUTRITION

DRYNESS UNDONE

IN JUST 3 MINUTES



3-MINUTE UNDO
DRYNESS REVERSAL
TREATMENT

TRIPLE NUTRITION

3 NUTRITIVE FRUIT OILS
OLIVE, AVOCADO & SHEA
WITH APRICOT SEEDS

FOR DRY TO OVER-DRIED
OR DAMAGED HAIR

the 1st deep conditioner
with apricot seeds

NOURISHES DEEPLY FOR
SILKY HAIR, FULL OF LIFE

Take care.
GARNIER
get nutrition @ garnier.com

©2010 Garnier LLC.

A photograph of Ellen DeGeneres with short blonde hair, smiling and leaning forward. She is wearing a black blazer over a dark top. Her hands are clasped in front of her, and she is wearing a gold watch on her left wrist.

COVERGIRL®
& OLAY®

What do you do when you're
the #1 anti-aging foundation?*

Start a family!

©2010 Novell Corp.

SIMPLY AGELESS WITH OLAY REGENERIST SERUM

The formula so beautiful—it simply wasn't meant to be alone! So we've taken our smoothing and beautifying benefits and expanded them to brighten your eyes and light up your cheeks. It's the new Simply Ageless family. And you'll see—the family that plays together stays younger-looking together! Ellen DeGeneres looks simply amazing in Ivory foundation, Plush Peach blush, light concealer and corrector.

easy breezy beautiful COVERGIRL

*Past 6 months volume share based on independent study.



REDBOOK

loveyourlife

Vice President, Publisher Mary E. Morgan

ASSOCIATE PUBLISHER Chris McLoughlin

GENERAL MANAGER Elyssa H. Rubin

VICE PRESIDENT, GROUP CONSUMER MARKETING DIRECTOR Rick Day
EXECUTIVE DIRECTOR, BRAND STRATEGY & DEVELOPMENT Robyn Mait Levine

EXECUTIVE MARKETING DIRECTOR Amy Andrews

ADVERTISING SERVICES MANAGER Melissa Gart

Advertising Sales

NEW YORK (300 W. 57th St., New York, NY 10019; 212-649-3330)

NEW YORK DIRECTOR Andrew Weicker

EXECUTIVE BEAUTY & SPECIAL PROJECTS DIRECTOR Terry Alvar
ACCOUNT DIRECTORS Jackie Bodner, Katie Bohan, Amy Smith
DIRECTOR, DIRECT RESPONSE Christine Hall

SENIOR ACCOUNT MANAGER, DIRECT RESPONSE Michael Rohr

EXECUTIVE ASSISTANT Kerrienne Sullivan

INTEGRATION ASSOCIATE Harris Kratka

BRANCH OFFICES

MIDWEST DIRECTOR Katie Demetriou

MIDWEST ACCOUNT DIRECTORS Jennifer Furibondo, Laura Serge

INTEGRATION ASSOCIATE Heather Muth

(1 S. Wacker Drive, Chicago, IL 60606; 312-984-5180)

WESTERN DIRECTOR Erika Muhlfeld

INTEGRATION ASSOCIATE Ashley Andrews

(3000 Ocean Park Blvd., Santa Monica, CA 90405; 310-664-2960)

NORTHWEST REPRESENTATIVE Courtney Roberts

(921 Butterfield Road, San Anselmo, CA 94960; 415-524-8665)

DETROIT REPRESENTATIVES Colleen Maiorana, Joan Cullen

(418 W. 5th St., Suite C, Royal Oak, MI 48067; 248-546-2222)

SOUTHEAST REPRESENTATIVE Sarah Wiley

(3340 Peachtree Road, Tower 100, Suite 1550, Atlanta, GA 30326; 404-256-3800)

SOUTHWEST REPRESENTATIVE Lucinda Weikel

(4217 Camden Ave., Dallas, TX 75206; 214-824-9008)

Creative Services

ART DIRECTOR Amy Dorf

SENIOR PROMOTION DIRECTOR Alison Friedman

MARKETING MANAGER Candie L. Patterson

SENIOR PROMOTION MANAGER Lisa M. Iommarini

PROMOTION MANAGERS Morgan Brooks, Joanne Ko

INTEGRATION ASSOCIATE Lauren Williams

Production

GROUP PRODUCTION DIRECTOR Karen Otto

GROUP PRODUCTION MANAGER Chris Hertwig

ASSOCIATE PRODUCTION MANAGER Tina S. Wilkinson

Research

RESEARCH MANAGER Tina Giberti

Published by Hearst Communications, Inc., a unit of the Hearst Corporation

VICE CHAIRMAN AND CHIEF EXECUTIVE OFFICER Frank A. Bennack Jr.

CHAIRMAN George R. Hearst Jr.

Hearst Magazines Division

PRESIDENT Cathleen P. Black

EXECUTIVE VICE PRESIDENT, CHIEF MARKETING OFFICER, PUBLISHING DIRECTOR Michael Clinton

EXECUTIVE VICE PRESIDENT AND GENERAL MANAGER John P. Loughlin

EDITORIAL DIRECTOR Ellen Levine

PUBLISHING CONSULTANTS Gilbert C. Maurer, Mark F. Miller

COVERGIRL
& OLAY

Meet
the family!

The **NEW**
SIMPLY AGELESS
FAMILY WITH
OLAY REGENERIST SERUM

4 ways to younger,
firmer-looking skin!

NEW EYE CORRECTOR
Makes extreme dark circles seem
to disappear.

NEW EYE CONCEALER
Covers imperfections to brighten.



FOUNDATION
Smooths on skin, doesn't settle
in lines and wrinkles.

SCULPTING BLUSH
Highlights cheekbones for an
instant youthful glow.

easy breezy beautiful COVERGIRL

Now relief is as
simple as
twist, squeeze, go.™



The #1 allergist recommended brand.* And now the only
24-hour children's allergy relief in a pre-measured spoon.
Children's ZYRTEC® PERFECT MEASURE.™ lovethair™

*Among OTC oral antihistamines for children. ©McNEIL-PPC, Inc. 2010

Just In Time

How to make the most of every moment



SPEED DIAL

We called Jamie and Bobby Deen—Food Network stars, best-selling authors, and sons of Paula—for their secrets to spicing up a steak.

BOBBY DEEN I'm on!

JAMIE DEEN Hi, brother, are you doin' all right? We missed you last night.

BD You didn't get my text?

JD Yeah. I just wish you would've been there.... Sorry for the personal conversation, REDBOOK! What's up?

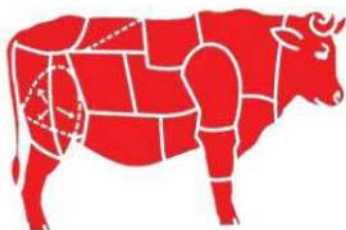
REDBOOK How do you spice up a steak in a hurry?

BD It starts with a really good cut of meat, like a porterhouse or rib eye. It doesn't need a whole lot of seasoning by any means—it should be done very simply, with salt and pepper and maybe a little garlic powder.

JD And if you're doing a leaner cut [like filet mignon or flank steak], mash up some fresh garlic and olive oil, add some favorite seasonings, and just rub the steak really well.

RB Thanks, guys!

JD Anytime.



IT'S 9:15 AM TIME TO FILL THE GAS TANK

Gas station owners usually raise prices throughout the day as they get info about what other owners are charging, so fill 'er up before work to get the best deal.

WHILE YOU WERE SLEEPING

GET THINGS DONE WHILE YOU DOZE

Despite its name, a cervical pillow isn't some sort of newfangled sanitary napkin. But it does claim absorbency... of neck and back pain. Your head rests in a valley between two firm peaks to improve spinal alignment—and let the healing begin. Our tester's physical therapist recommended the Duro-Med 3-Zone Cervical Comfort Pillow (\$25, amazon.com).

OVERNIGHT SUCCESS? Kinda. The pillow won't erase ouch as well as a massage or meds, but it promotes side and back sleeping, which are better for the spine. Come morning, your muscles won't feel quite so stiff.



Z
Z
Z
Z
Z

6 MINUTE SOLUTION

Drain all stopped up and no chemical clog-remover on hand? Save yourself a trip to the supermarket with this at-home recipe, which will dissolve most organic material that's stuck in your sink.

- 1 Pour $\frac{1}{4}$ cup baking soda into clogged drain.
- 2 Top it off with 1 cup vinegar.
- 3 Let it bubble and fizz for five minutes.
- 4 Pour boiling water down the drain.

READER'S TIME- SAVING TIP



"After I work out, I stretch in the shower so I can cut down my gym time by 10 minutes."

**SHEILA MUNGUIA,
NEW YORK CITY**



INSTANT GENIUS MAKING SENSE OF CURRENT EVENTS

"Okay, I get that it's a major protest group, but what's the Tea Party about, exactly?"

Dante Scala, Ph.D., a political science professor at the University of New Hampshire, gives us the low-down on the headline-making political movement.

■ The Tea Party movement is a grassroots, anti-tax crusade concerned about big government. The name is a nod to the Boston Tea Party and its "no taxation without representation" message.

■ The movement began with protests over the federal government's 2008 bank bailout, then gained ground protesting health-care reform.

■ Tea Partiers tend to be members of the Republican party, according to a recent poll by *The New York Times* and CBS News. One test of the Tea Party's strength will be whether or not politicians backed by the group end up as candidates in the fall primaries.

A QUICKIE GET YOUR HEARTS RACING IN A HEARTBEAT

Texting isn't just for teens. The authors of *Flirtexting* suggest giving your guy a little day-time titillation. Try: "Wait until you see my new lace panties when you get home." Or send a slightly suggestive photo. Snap a picture of your pout and say, "I'm going to kiss every inch of you tonight." Just be sure you send it to the right number!



CHANGE THE WORLD IN A MOMENT



Be a fashionista, save the planet. Pick up a limited-edition Sigg aluminum water bottle designed by Vivienne Westwood and help keep plastic water bottles out of America's landfills. (\$22, mysigg.com)



TIME SHAVERS

AT THE MALL

■ Park your car close to your destination, not in the first spot you find, says Paco Underhill, author of *What Women Want*. You'll cut out schlepping time and avoid "accidentally" walking through your fave department store.

TIME SHAVED 00:10

■ Shop on Tuesday—the lightest shopping day, according to shoppertrak.com. Avoid peak times: 2 to 4 p.m. on Saturdays and 6 to 7 p.m. on Thursdays.

TIME SHAVED 00:20

■ Swing by your favorite store, where you already know your sizes, and buy a (pre-styled!) outfit straight off the mannequin, suggests Laura Vanderkam, author of *168 Hours: You Have More Time Than You Think*.

TIME SHAVED 00:30

■ Download the FastMail app to your iPhone, which provides turn-by-turn directions within malls nationwide, helps you find your car, and even locates the nearest restroom.

TIME SHAVED 00:20

TOTAL TIME SHAVED 1:20

SHAPE-UP SHORTCUT TONE TRICEPS AND TUSH

Piloxing, devised by Los Angeles trainer Viveca Jensen, combines the cardio of boxing with the toning of Pilates. Do as many reps of this triceps pump with squat as you can in 30 seconds... just enough time to reheat your coffee in the microwave. (For faster results, add hand weights if you've got 'em.)

1 Stand with feet parallel to each other, sink into a squat—as low as you can without losing stability—and extend arms straight behind your hips.

2 Bring your hands up to your armpits, squeezing as you go and keeping your chest open. Repeat.



Fortifies the hair cuticle layer. ©2010 Garnier LLC



Emily shines in shade 800 • Medium Natural Blonde

HerbaShine™

NEW

COLOR CREME WITH BAMBOO EXTRACT

BRILLIANT COLOR THAT DEFIES DAMAGE



A BAMBOO BREAKTHROUGH

HerbaShine fortifies hair to fight damage.*

Radiant, shiny color. Not a gray in sight.
Lasts 28 shampoos.

AMMONIA FREE

FORTIFIED COLOR. CERTIFIED BRILLIANT.

Take care.
GARNIER
www.herbashine.com

THINK FAST: BEAUTY

GET GLOSSY LIPS

4 simple steps to summer's go-to look.



STEP 1

Use a gentle scrub on lips to remove any flakes. Try JK Jemma Kidd Perfect-Pout Exfoliating Treatment Balm, \$13.



STEP 2

Wipe off the scrub with a wet cotton swab. Try Q-tips Cotton Swabs Purse Pack, \$1.



STEP 4

Finish with a layer of crème (as opposed to shimmer) lip gloss, for a look that's fresh, not flashy. Here, Estée Lauder Pure Color Gloss in Plum Desire, \$20.



STEP 3a

For richer color that will last long after your gloss wears off, start with a stain that matches your chosen gloss. Here, Stila Pomegranate Crush Lip & Cheek Stain, \$24.



STEP 3b

OR, for a more sheer day look, apply lip balm with sunscreen. Try Eos SPF 15 Lip Balm Smooth Sphere, \$3.

OLAY



Introducing a
BODY WASH *that thinks like an*
ANTI-AGING CREAM.



New Olay Total Effects 7-in-1 Anti-Aging Body Wash

Improves elasticity, relieves dryness, deeply moisturizes, brightens dull skin, evens skin tone, smooths rough skin, and minimizes the appearance of dry lines. Shower your way to younger-looking skin.

Love the skin you're in.™
total effects body wash

THINK FAST: HOME

D.I.Y. RIBBON RUNNER

TOOLS YOU'LL NEED



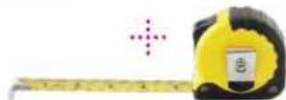
Fabric ribbon of various colors and patterns (available at michaels.com or your local craft store)



Glue dots (available at staples.com)



Scissors



Tape measure



Tired of the same old place mats and tablecloths? Try dressing your table with ribbon.

HOW-TO'S



STEP 1 Measure the length of the table to determine how much ribbon you'll need, then add 24 inches to that number (to account for a 12-inch overhang on each end). Cut ribbons. Use a tape measure to find the table's center. Lay the widest ribbon down the center and place the other ribbons on either side.



STEP 2 Working from the side closest to you, carefully lift the first ribbon halfway and adhere glue dots to the table every 6 inches. Smooth the ribbon down over the dots to secure. Finish with the other half of the ribbon, then repeat with the next one and so on, until all ribbons are secured.



STEP 3 Finish by trimming the ends of the ribbons so they are all the same length, or get creative and cut the ends on the bias or in an inverted chevron pattern.

OLAY

*Younger-Looking Eyes?
ROLL WITH IT.*



New Regenerist Anti-Aging Eye Roller.

What an innovative, fun way to do so much for your eyes. Three micro-rollers massage and immediately de-puff.* Plus it hydrates, reducing the look of lines and wrinkles. Regenerist is on a roll.

*Massage reduces excess under-eye fluid.

Love the skin you're in.™

REGENERIST



THINK FAST: FOOD

MAKE IT WITH RICE!

This pantry staple is a great base for these so-quick recipes.



8 large eggs



2 Tbsp water



1½ cups shredded Asiago cheese



1 Tbsp chopped fresh tarragon



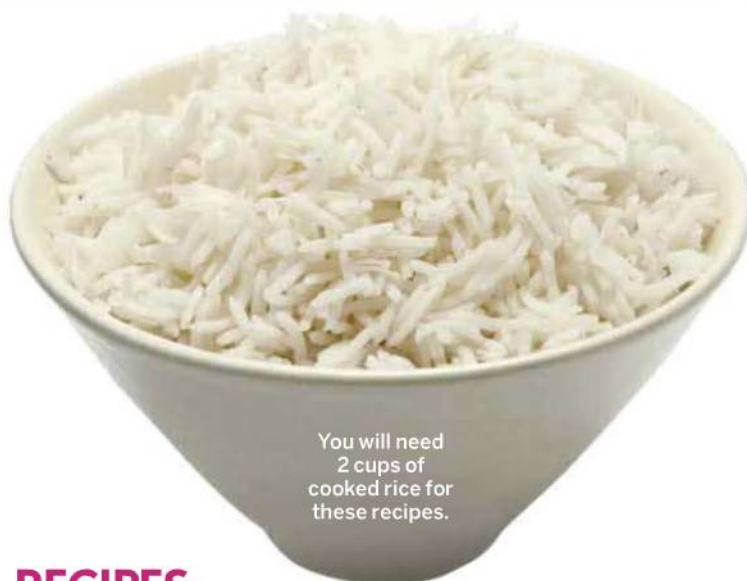
4 oz pancetta, diced



1 Tbsp olive oil



½ lb thin asparagus (cut into 1-inch lengths)



You will need 2 cups of cooked rice for these recipes.

RECIPES

ASPARAGUS-RICE FRITTATA

◀ See ingredients at left.

In a medium bowl, whisk eggs with water until combined, then stir in cheese and tarragon; set aside. In a 12-inch ovenproof skillet, cook pancetta in oil over medium heat 4 minutes, or until fat has rendered from pancetta; add asparagus and sauté 4 minutes or until crisp-tender. Stir in **2 cups cooked rice** and cook, stirring, for 1 more minute. Pour in egg mixture and stir to combine; spread into an even layer. Cover skillet with lid, reduce heat to medium-low, and cook 5 minutes. (Meanwhile, heat the broiler.) Uncover skillet and place under broiler until frittata is set and top is golden brown, about 3 minutes. Loosen edges of frittata with a spatula; slide onto a cutting board. Cut into 8 wedges; serve with your favorite pasta sauce, if desired.

Makes 4 servings.



THAI PINEAPPLE SHRIMP FRIED RICE

▶ See ingredients at right.

Heat oil in a large nonstick skillet over medium-high heat; add shrimp and stir-fry 1 minute or until they turn pink on the outside but are only halfway cooked through. Remove shrimp to a plate with a slotted spoon. Add to skillet bell pepper, onion, garlic, and chile; stir-fry 3 minutes or until onion is translucent. Add eggs and stir-fry 30 seconds. Stir in **2 cups cooked rice**, separating grains with back of spoon, and stir-fry 2 minutes. Add fish sauce, soy sauce, and lime juice; cook, stirring, for 2 minutes. Return shrimp to skillet with fresh pineapple and stir-fry 2 minutes or until shrimp are cooked through. Stir in cashews and cilantro.

Makes 4 servings.



3 Tbsp vegetable oil



1 lb medium shrimp, peeled and deveined



1 large red bell pepper and 1 medium red onion, diced



2 garlic cloves, chopped



1 red or green chile, diced



2 large eggs, beaten



2 Tbsp each fish sauce, soy sauce, and lime juice



1½ cups diced fresh pineapple



½ cup dry-roasted cashews



½ cup torn cilantro leaves

OLAY

Expensive department store products?

WHY GO THERE

WHEN THERE'S REGENERIST?



*purifies for 1/3 the cost of several
department store cleansers*



*DNA protection for far less
than \$200 department store
SPF creams*



*hydrates better than European
creams costing up to \$700*

©2010 P&G

Love the skin you're in.™
REGENERIST

EASIER, BETTER, FASTER

This month's good-to-know news for your home, your wallet, and your sanity.

Buy a spare part, save some dough

Before you replace your entire washing machine because of one damaged hose, check out partstore.com. The site sells more than 11 million replacement parts for home appliances, consumer electronics, computers, and wireless accessories—and also features expert-written do-it-yourself guides so you don't have to pay a handyman \$65 to install your \$10 replacement part.

Barter away your stuff

Get your flea-market fix right in your home at swapitgreen.com, where you can trade used toys, baby clothes, computers, jewelry, and books. List an item you want to get rid of, set the trading points you want for the item, then redeem the points you've earned to buy something else on the site. Want to pay less? Use your bartering skill to convince a seller to lower the trading-point value on his item. Just be prepared to dish out shipping costs for the items you're selling.

Find the dinner options sitting in your pantry

Need a little creative encouragement in the kitchen? Go to supercook.com: The site allows you to search for recipes based on ingredients you have on hand. Just make a list of what you have, and a bunch of recipes pop up on the right side of the page. You can view all relevant results or refine them by appetizer, entrée, or dessert. You can even include ingredients you *don't* want to see within the results, which is helpful if you have a food sensitivity or allergy—or just don't like cilantro.

Planning the perfect girls' getaway just got easier

Tap in to a network of virtual girlfriends who have great, free travel advice. [Girlsguide totheworld.com](http://girlsguide.totheworld.com) provides info for women and by women on where to eat, shop, drink, sleep, play, and be pampered in 100 destinations. Get the inside scoop on everything from day spas in Miami to boutiques in Milan, all from women who have been there and done that. Then you can post your own vacation highs and lows on the site. Because that's what women do—we help each other out.



YOU CAN FEEL GOOD ABOUT THIS TIME-WASTER

Have an extra five minutes? Play trivia at freekibble.com. For every day you play, they'll donate 10 pieces of dog food to a needy animal shelter.

THERE'S A NEW WAY TO KEEP WRAP RAGE AWAY

Never break a nail again trying to open DVD packaging. The new Open It! tool cuts through impossible-to-open packaging on toys, CDs—anything that gives you trouble. It even contains a bottle opener so you can reward yourself for a job well done. (\$10; enjoyzibra.com)

A dollar donation can help build a greener planet

The South American Atlantic Rainforest, which provides water and energy to 120 million people and whose trees regulate the earth's atmosphere and climate, is also one of the world's most endangered sites. Now you can help sustain it: For every \$1 donation, Avon and the Nature Conservancy will plant one tree there. To donate, go to hellogreentomorrow.com.

You can afford a personal trainer!

If you don't have hundreds of dollars per month to hire a personal trainer and nutritionist (and really, who does?), you can get those same services at fitorbit.com for just \$10 per week. The site will set you up with a virtual personal trainer who'll create a total fitness plan geared toward your interests and goals, including daily meals and workouts.

Nominate a woman who's doing something worthwhile and worth celebrating.

For the 5th year, you're invited to nominate a **Woman of Worth** who's making a beautiful difference in your community, and join a growing community that celebrates L'Oréal's iconic philosophy, "Because You're Worth It."TM

Ten honorees will receive \$5,000 for their cause—with one of them receiving an additional \$25,000. Plus, L'Oréal Paris will donate \$5,000 in each of their names to the Ovarian Cancer Research Fund.

To nominate someone, visit **womenofworth.com** from **May 9 to July 9, 2010**. It's your chance to raise your voice—and celebrate women who raise the bar. Because We're All Worth It.TM



www.facebook.com/womenofworth



www.twitter.com/lorealparisusa

YOU CAN ACCOMPLISH
ANYTHING WHEN YOU KNOW
YOU'RE WORTH IT. —BEYONCÉ KNOWLES

NO PURCHASE NECESSARY TO ENTER TO WIN. Award nominees must be female legal residents of the 50 United States or the District of Columbia, must consent to the nomination and be 18 years or older at the time of nomination. All nominations must be received online by 11:59pm Eastern Time (ET) 7/09/10 or postmarked by 7/09/10 and received by 7/16/10. Void where prohibited. See official rules for details at womenofworth.com.

DISCOVER PAST HONOREES' POWERFUL STORIES—AND BE INSPIRED TO CREATE YOUR OWN AT WOMENOFWORTH.COM.



L' O R É A L PARIS

WOMENOFWORTH.COM

BIRKENSTOCK

Made in Germany • Tradition since 1774

Color me comfortable.
The Madrid sandal
now in bright white patent
birkenstockusa.com



Style Scoop

Irresistible ideas for
looking your best

Trend Flash

Turquoise

Hue news: The color experts (yes, there are such people) say that this blue-green shade is *the* color for 2010. Get in on the trend with cool makeup and accessories.

1. ShopTheLook.net turquoise stretch bracelets, \$12 for set of two, are an easy, no-fuss way to give this trend a try—slip them on with a sundress or swimsuit.
2. Carol Dauplaise's reconstituted turquoise necklace, \$40, would make Mother Nature proud: The irregularity of the stones ensures an earthy vibe while the copper wire gives it a modern touch.
3. Leighelena's western belt with enamel buckle, \$115, lends an air of rugged chic to your favorite pair of jeans.
4. Nicole by OPI nail lacquer in Jade in the Shade, \$8, is the perfect pedicure color when you're sitting poolside this summer.
5. Cargo Swimmables Waterproof Pencil, shown in Metallic Hot Turquoise, \$18 (sold in set of five), is an easy way to add just a hint of the bold shade to lids.



Eva Mendes's turquoise necklace really pops against a white dress.





1

Glitzy gladiators make shorts look sexy, not sporty.

"Beverly" sandals, Coconuts by Matisse, \$59; victoriasecret.com. Sleeveless drape vest, Loft, \$50; loftonline.com. Active lace-back tank, Pink Lotus, \$64; athleta.com. "Bay Rose" shorts, Roxy, \$40; roxy.com.



Picking the right pair of sandals is easy when you know what to wear them with. Here, the season's most irresistible styles.

Sandals

5

New-wave nautical wedges in a bright hue put a fresh spin on classic whites.

Rope espadrilles, Colin Stuart for Victoria's Secret Catalogue, \$55; victoriasecret.com. Nautical chain jacket, White House Black Market, \$148; 877-948-2525, whitehouseblackmarket.com. Port tank, \$17, and slim leg jeans, \$65, both L.L.Bean Signature; llbeansignature.com.



6

Flats with feminine hardware lend a little edge to silky separates.

"Jackie" sandals, Bakers, \$60; bakersshoes.com. "Zenergy" washed silk jacket, Chico's, \$119; 888-855-4986, chicos.com. Knot strap dress, Kenneth Cole, \$149; Kenneth Cole NY stores.



2

Sexy cutout slingbacks take a ladylike pencil skirt from classic to cool.

"Unian" heels, Marc Fisher, \$89; Macy's stores nationwide, 800-BUY-MACY, marcfisherfootwear.com. Rosette cardigan, Boden, \$88; bodenusa.com. "Glamour" strappy tank, Yummie Tummie, \$86; yummiestummie.com. Zebra pencil skirt, Loft, \$70; loftonline.com.



3

Over-the-top platform wedges are anchored in reality by neutral cropped trousers.

"Ring A Ling" wedges, Luichiny, \$120; luichiny.com. Chambray Western shirt, American Eagle Outfitters, \$40; ae.com. Crinkled crop pant, Victoria's Secret Catalogue, \$60; victoriasssecret.com.

six ways

4

Strappy clogs are a natural match for easy denim.

"Pica Pica Cocktail Bright" clogs, Cape Clogs, \$99; capeclogs.com. Flutter-sleeve embroidered top, \$25, and surplus denim skirt, \$25, both Old Navy; 800-OLD-NAVY for store locations. Scoop-neck tank, XCVI, \$45; Neiman Marcus, neimanmarcus.com.





Halle Berry shows off a wrist full of wrap bracelets.

Wrap stars

This season's hottest trend goes around—and around. From tough and studded to girly and glam, there's a wrap bracelet for everyone.



Braided bracelet, One of a Kind, \$64; shoponeofakindjewelry.com.



Graham leather studded multiwrap bracelet, Gorjana, \$90; gorjana.com.



Dainty nugget leather bracelet, \$26, double wrist wrap bracelet, \$28, studded leather double-wrap bracelet, \$32, all Fossil; fossil.com.



Beaded wrap bracelet, ShoptheLook.net, \$14; shopthelook.net.



Wraparound studded bracelet, Old Navy, \$10; 1-800-OLD-NAVY for store info.



Lion wrap bracelet, Alexandra Beth Designs, \$86; nationaljeancompany.com.

Salon Manicure Made Simple.

Finally, all 5 steps of a salon manicure in 1 bottle.

NEW



- ✓ Base Coat
- ✓ Strengthener
- ✓ Growth Treatment
- ✓ Color
- ✓ Top Coat

9 out of **10**
Salon professionals
preferred our formula
to the leading
salon brand.

With patented
Vita-Care Technology
for advanced wear, more
shine, and nourishing care.

42 Salon-Inspired Shades

Go to:
completesalonmanicure.com
and "try them all" with our
exclusive Shade Selector.

Sally Hansen
Beauty that Works

UngUILTY pleasures

Get the style you crave with cash to spare: These under-\$50 straw numbers only *look* like finds from an exotic island market.



These bags are a summer dream—try a posh woven carryall for day and an irresistibly colorful handbag for night. **Woven market bag, San Diego Hat Co., \$30; sandieghat.com. Maize and seagrass multicolored handbag, Cappelli Strawworld, \$45; 800-367-3626 for shopping info.**

LINE-SMOOTHING

MOISTURIZING

PLUMPING

Your Lips Deserve Expert Care.

Now, a full range of caring color and treatments that address your lips' unique needs. Created by our team of scientists and dermatologists, powered by 200 patents and counting. Beautifully visible results, guaranteed.



Line Fix Lip Repair Line-Smoothing Care

with Marine Collagen to deliver super hydration while filling in fine lines.

Lip Inflation Extreme Plumping Care & Color

with Hydro-Collagen to instantly help boost fullness and shine to the X-treme.

Overnight Lip Recovery Moisturizing Care

with Multi-Vitamins and natural Yucca to help renew the appearance of dry, peeling lips while you sleep.

Find these products and more in the Sally Hansen section of your favorite store.

Sally Hansen[®]
Beauty That Works

www.sallyhansen.com

WAKE UP YOUR SKIN

Look and feel fresh-faced with Origins's eye-opening, pore-shrinking Zero Oil Toner with Saw Palmetto and Mint, \$18.50.



SAVE YOUR STRANDS

Protect your hair from the sun's glare with L'Occitane Gel Mask Conditioner, \$29, with UV filters and a my-God-that's-good scent.



Beauty ✓ List

It's the one to-do list you'll want to do.

PACK IT UP

Sonia Kashuk's festive Double Zip Foldover cosmetics case, \$10, turns even a weekend at your in-laws' into a holiday.



SPRITZ ON SOME SPARKLE

Narciso Rodriguez for Her Iridescent Fragrance, \$78, leaves a touch of floral fragrance and sensuous shimmer on your skin.



REMOVE YOUR 'STACHE IN A FLASH

... with this month's MVP

Sally Hansen Insta-Smooth Pods Crème Hair Remover for Face, \$10, is an express, mess-less method for shedding facial fuzz.



✓ CHECK THIS OUT

These Revlon nail shades release summer scents once they dry. Shown here in Cotton Candy, Bubble Gum, Grape Icy, Orange Pop, and Beach; \$5 each.



Tantalizing softness

TOUCH FOR
FRAGRANCE

New Caress® Whipped Soufflé™ Body Wash makes your skin soufflé-soft with its unique Silky Fragrance Infusion™, a blend of hydrating moisturizers whipped with Blackberry or White Peach Cream. It will tantalize the senses like no other.

©2010 Unilever





From left: Sandra Bullock, Courteney Cox, and Nicole Kidman let a little hang out.

RED CARPET to REDBOOK!

Soft, **sexy** tendrils

How to make this Hollywood look work in the real world. By Krista Bennett DeMaio

Tendrils may be reminiscent of another era ('80s, anyone?), but unlike the very deliberately placed pieces of the past, these wisps look like they happened by accident, says Jeanie Syfu, a TRESemmé celebrity stylist. "The key to keeping this look modern is to make sure it's not overstyled."



Try it for: A wedding, a party, or a fancy night out.

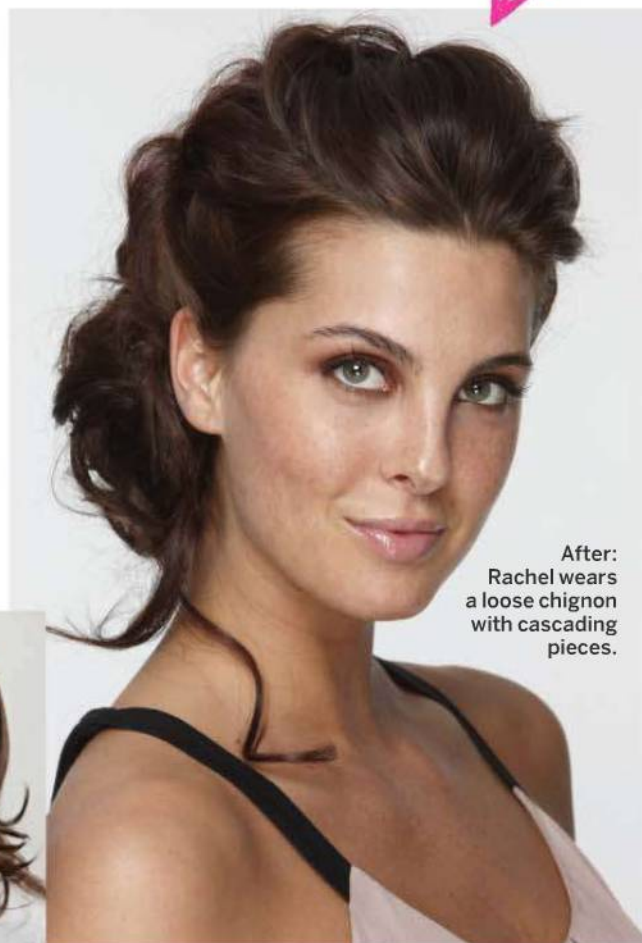
Make it real: This style works best on someone with layered hair, or even a bobbed 'do, Syfu explains. The tendrils shouldn't be too long—and they should always be in proportion to your style. (Sandra's longer tendrils fit with her loose side bun while Nicole's shorter pieces suit her more controlled chignon.)

How to do it: Prep damp hair with mousse to give it body and grip. Our pick: **Suave Professionals Volumizing**

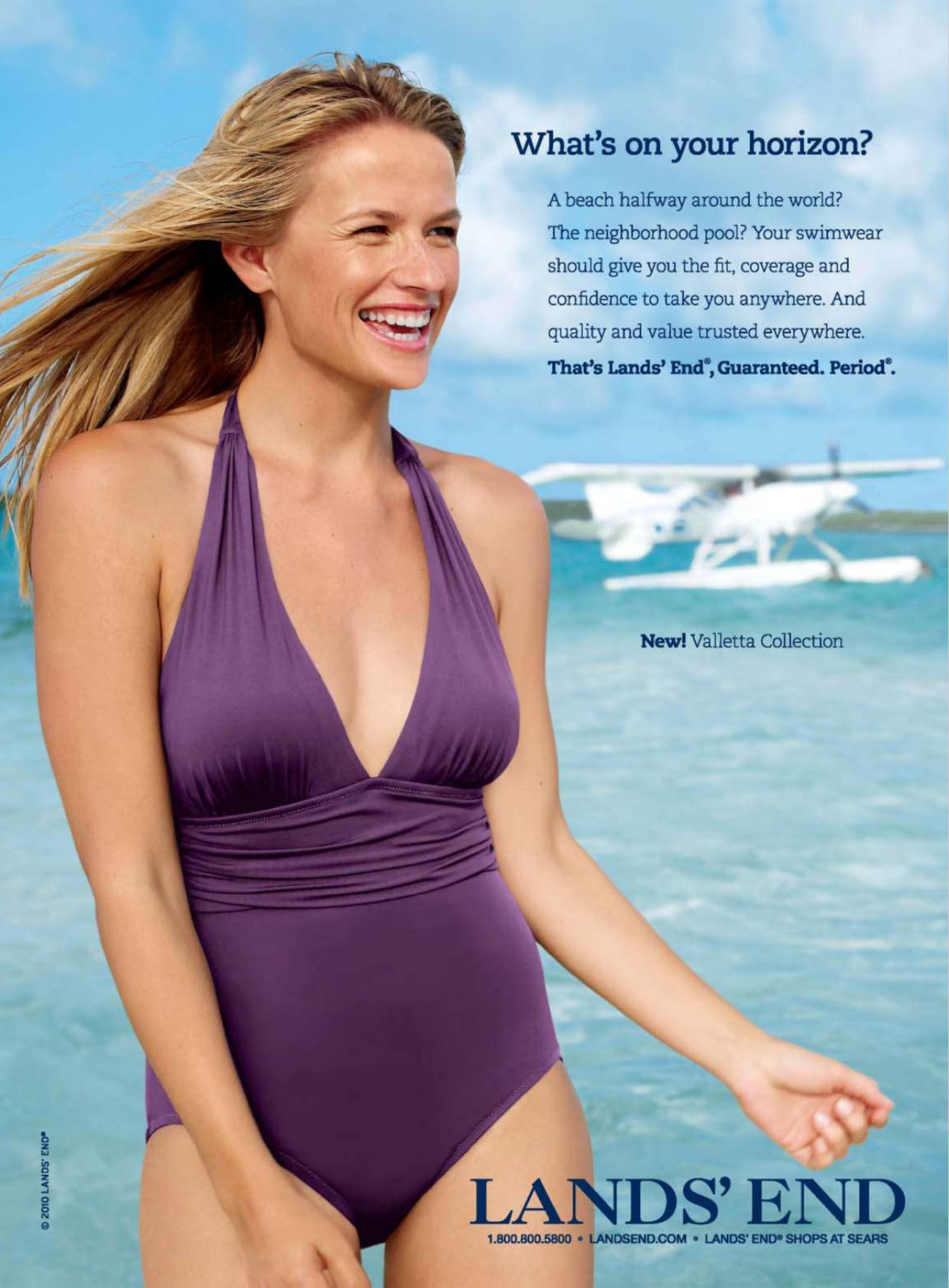
Foam Mousse, \$3. Next, "rough dry"—that is, blow-dry hair with fingers to create texture and a tousled look. Once hair is dry, find your part and create your desired updo shape. Syfu favors a loose chignon over something really tight. "That way it's naturally piece-y." Using your fingers, gently pull down any loose wisps along the neck. If your hair is supercurly or pin-straight, run a flat iron with rounded edges (try **Gold 'N Hot 1-Inch Professional Ceramic Straightening Iron, \$50**) through pieces to either straighten or give them a little bend. "Your ends should look finished," Syfu says. "It's meant to look just a little messy—not like you rolled out of bed."



Before



After: Rachel wears a loose chignon with cascading pieces.

A woman with long blonde hair, smiling broadly, is wearing a purple one-piece swimsuit. She is standing in front of a blue sky and ocean. In the background, a white seaplane is visible on the water.

What's on your horizon?

A beach halfway around the world?
The neighborhood pool? Your swimwear
should give you the fit, coverage and
confidence to take you anywhere. And
quality and value trusted everywhere.

That's Lands' End®, Guaranteed. Period®.

New! Valletta Collection

Take 5

to find a fresh new scent

Get your floral fix with one of these pretty spritzes.

1. Freshly picked

Philosophy Field of Flowers Spray Fragrance, \$30, packs a bouquet of the sweetest-smelling blooms, including peony, blue hyacinth, and mandarin honeysuckle.

2. Cheery blossoms

Victoria's Secret Secret Moments at First Sight Sheer Fragrance Mist, \$12, is a refreshing splash of violet and bergamot.

3. Enchanted garden

Avon Eternal Magic eau de toilette, \$24, is soft and creamy with a blend of sheer violet, magnolia leaves, and vanilla.

4. Urban roots

Bond No. 9 High Line eau de parfum, \$220, is inspired by New York City's High Line park, an elevated railroad that has been transformed into a promenade decked out in waving grasses and wildflowers.

5. Chic centerpiece

Carolina Herrera's CH Garden Party limited-edition fragrance, \$90, is perfect for a festive outdoor soiree, with notes of zesty pineapple, romantic rose, and spicy cedar.



PHOTOGRAPHED BY PETER ROSA/STUDIO D. PROP STYLIST: LAURIE RAAB FOR HALLEY RESOURCES.

the thin line
between
you and
WOW

Introducing
BALI POWERSHAPE™



POWERSHAPE™ HI-WAIST THIGH
SMOOTHER WITH PASSION
FOR COMFORT® UNDERWIRE

BALICOMPANY.COM

LIVE BEAUTIFULLY®

BALI®

1 Pro glow

For the most flawless tan, hit the booth. No, not *that* one: Mystic Tan's new HD booth offers souped-up sunless tanning. After you choose your desired shade (from barely bronzed to tropically tanned), an airbrush nozzle mists on the formula and continuously blows warm air. So when the two-minute spray is done, you're already dry. For locations, visit mystictan.com.

10 instant glow-getters

We spend a lot of time reminding you to stay out of the sun (like on page 75, for example), but that doesn't mean we want your skin to look pasty and blah. We're all for radiance, even a little tan, as long as you get it the safe way—that is, from a compact, a cream, or a bottle. Check out these bright ideas.

By Krista Bennett DeMaio Photographed by Troy Word

HAIR: AMENEH KANANI AT FORD ARTISTS FOR RENE FURTERER. MAKEUP: CHERIE COMBS AT FORD ARTISTS FOR DIOR BEAUTY. MANICURE: DONNA D. FOR ARTISTS BY TIMOTHY PRANG. USING INGLOT PRODUCTS. PROP STYLIST: TAMIY LOPEZ AT FORD ARTISTS.



Smarter self-tanners

The latest self-tanners are made to suit your every need: For more moisture, try Hawaiian Tropic Island Radiance Sunless Tanning, \$9, shown, with shea, mango, and cocoa butters to soften skin for up to 12 hours. For an on-the-go glow, try Brownberry Clear Sunless Tanning Spray, \$55, a clear spray that allows you to shower or swim after just 30 minutes without messing up your soon-to-develop tan!

Illuminating facials

The celebrity secret to looking glowy on the red carpet? LED treatments. "They stimulate the skin and increase circulation," says Lea Eigard of Lea Advanced Skincare in Beverly Hills, CA. "When you bring blood flow to the skin, you immediately see a radiance." Most LED treatments include a red light to stimulate collagen and a blue light to oxygenate skin. Eigard takes it up a notch by using five different colors. She suggests at least three treatments; hers cost \$200 and up.



A touch of tan

Missed a spot? Fill in tacky tan lines or mistakes (from self-tanners or the sun) with Solérra Tanee Tan Line Corrector, \$6. The pocket-size tube has a slim, sponge-tip applicator so you can easily apply the self-tanning formula only where you need it.



Power bronzers

To create a temporary tan with makeup, dust a bronzer all over your face and neck. The newest powders are packed with antiaging ingredients and botanicals. Smashbox Halo Hydrating Perfecting Bronzer, \$39, includes antioxidant goji berries and pure gold, as well as amino acids, a peptide, and minerals. Physicians Formula Bronze Booster Glow-Boosting Pressed Shimmer Bronzer, \$15, shown, includes botanicals that moisturize skin and vitamins C and E to naturally boost skin's radiance.

Adjustable body bronzers

This might look like a regular powder bronzer, but the baked, marbled powder of Laura Geller Beauty Ingenuity Baked Body Frosting in Tahitian Glow, \$40, shown, lets you customize your level of glow. Dust it dry on your shoulders and décolletage for a hint of color, or apply it wet with the included puff for more intense, all-over coverage.

Jergens.

No sun. No streaks.
Just glow.

JERGENS. NATURAL GLOW
FOAMING DAILY MOISTURIZER

FAST DRYING The only daily moisturizer that
gives you natural-looking color, guaranteed.*
And dries in seconds with no streaks.



Find the natural-looking color that's right for you at
jergens.com/glowadvisor

© 2010 Kao Brands Company

* For best results, follow directions and warnings on package. If not completely satisfied with your color, call 1-888-505-4254 or go to jergens.com for a coupon for a free full-size Jergens® product and for more details. Original receipt dated between 1/15/10 and 7/15/10 required and your submission must be postmarked no later than 30 days after date of purchase. Offer ends 8/15/10. One coupon per address or email address. Valid in the U.S. only.



7 One-day tanners

Bronzed today, gone tomorrow. When you can't commit to a sunless tanner, try a wash-off body bronzer that's transfer-resistant (so the color stays on your skin, not on your clothes), such as L'Oréal Paris Sublime Bronze One Day, \$10.50, shown, or St. Tropez Wash Off Body, \$20.

8 Skin brighteners

Sometimes you want an "I just had lunch outside" flush instead of an "I just spent six hours at the beach" tan. Try a bronzer-brightener—a bronzer mixed with pink or peach tones—like Estée Lauder Bronze Goddess Exotic Bronzing Blush, \$35, shown.



9 Liquid luminizers

Real glow is created by light bouncing off your skin. Help that process along by applying a light-reflecting cream highlighter to the tops of your cheekbones, the bridge of your nose, your brow bone, and your collarbone. Try Clarins Instant Smooth Compact Highlighter in Natural, \$32, shown.



10 Skin sloughers

Get a quick brightening boost by peeling away the dull stuff at skin's surface using an AHA such as glycolic acid. New at-home peels get pretty close to the results you'd expect from in-office versions. Try Brazilian Peel, \$78 for four weekly treatments, which has a whopping 30-percent glycolic-acid peel and a self-neutralizer that gradually deactivates the acid over a 10-minute period.



GET GORGEOUS SUMMER SKIN WITHOUT THE SUN

Sexy, golden skin is the best summer accessory. And the Jergens® natural glow line is one of the best ways to get it. These award-winning moisturizers give you a healthy, head-to-toe glow leaving your skin hydrated and radiant with natural-looking color that's customized just for you. And if that's not the perfect accessory, what is?

EASY WAYS TO SHOW OFF YOUR SKIN

- Jump start your beachy, bronzed look with Jergens® natural glow EXPRESS moisturizer. In just three days, it gives a full shade of healthy summer color.
- Maintain your sun-kissed radiance with Jergens® natural glow Foaming Daily Moisturizer. This soft—not sticky—product glides on and dries in seconds for streak-free color.
- Flaunt your skin with Jergens® natural glow Healthy Complexion Daily Facial Moisturizer. It provides gradual color and contains UVA/UVB SPF 20 sun protection to defend against everyday exposure.
- Revisit the originals—both new and improved! Jergens® natural glow Revitalizing Moisturizer provides natural-looking color that lasts twice as long as the leading lotion sunless tanner. Firming Daily Moisturizer is clinically proven to reduce the appearance of cellulite in as little as seven days.



ENTER TO WIN!*

Three lucky readers will each receive a season's supply of Jergens® natural glow products, plus a tote full of summer essentials. Visit redbookmag.com/rboffers today for your chance to win.

Find the natural-looking color that's right for you at jergens.com/glowadvisor.

Jergens

No purchase necessary to enter or win. Jergens® Summer Essentials Sweepstakes sponsored by Hearst Communications, Inc. Beginning 5/25/10 at 12:01 AM (EST) through 6/30/10 at 11:59 pm (EST), go to redbookmag.com/rboffers. Odds of winning will depend upon the total number of eligible entries received. Must be age of majority and a resident of the 50 United States, District of Columbia. Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete official rules available at redbookmag.com/rboffers.

catalina

One Piece Tank \$14



Available at **Walmart** 
Save money. Live better.

Your Love Life

Marriage, men, romance & sex

more reasons to have sex

There are plenty of great reasons to have sex: because it's fun, because you want to feel close to your guy, because it's a sure ticket to a good night's sleep. But there are also significant health benefits to getting it on, according to many years of research, including:

- 1 a longer life
- 2 a healthier heart
- 3 lower blood pressure
- 4 less risk of breast cancer (and prostate cancer for men)
- 5 pain relief
- 6 a slimmer body
- 7 fewer symptoms of menopause

Stuart Brody, Ph.D., the University of the West of Scotland professor who pored over decades' worth of sex studies, concluded that intercourse delivers the most benefits—but we say any kind of sex that makes you feel good is good news.



Love Notes

Smart, sexy ideas to keep you connected.

Some good (and bad) old marriage advice

The books *Don'ts for Husbands*, *Don't for Wives*, and *Men, Women & Wedlock*, all first published a century ago, are being republished as exact replicas of the original editions. Many of the tips and insights that were offered back then prove that when it comes to love and marriage, some things change...

- ✿ **Don't let your husband have to search the house for you.** Listen for his latch-key and meet him on the threshold.
- ✿ **The wife who comes down to breakfast with her hair anyhow** starts her husband on the road to some other breakfast table.
- ✿ **Don't forget to "feed the brute" well.** Much depends on the state of his digestion.

...and some things stay very much the same:

- ✿ **Don't refuse to see your husband's jokes.** They may be pretty poor ones, but it won't hurt you to smile at them.
- ✿ **A man never quite realizes how little he knows about women until he marries one.**
- ✿ **Don't let your husband wear a violet tie with grass green socks.** If he is unhappily devoid of the color sense, he must be forcibly restrained.



4 fresh twists on dinner and a movie

There's a reason 93 percent of REDBOOK readers say date night means dinner and a movie: You can snuggle up with your man in the dark while watching a story unfold, then talk about it over great food. Here are a few ideas to shake up this classic routine:

- 1 Skip the megaplex** and get intimate at the drive-in, where you can cuddle up in the privacy of your car or on a blanket in the open summer air. (Search for a drive-in near you at drive-ins.com.)
- 2 Match your menu to the movie:** Go out to a Mexican flick and then hit the burrito joint, or rent *Julie & Julia* and try your hand at one of Ms. Child's classic French recipes.
- 3 Head to the IMAX theater** at the local science museum for an intense sensory—and often 3D—experience.
- 4 Have some coffee, then stay up** for your cinema's midnight showing of *The Rocky Horror Picture Show*, *Donnie Darko*, or *Pretty in Pink*.

For more date-night inspiration, check out REDBOOK's 500 Great Dates. Get your copy for 15 percent off at bn.com/redbook.

End a fight without talking about it

Don't wait until you and your guy are together to resolve a spat: Solving your issue via text or email has advantages over face-to-face time. "In person, body language gets in the way," says couples counselor Ziba Graham. "If he crosses his arms or rolls his eyes, it can derail the discussion and escalate the fight." With email or text, you're more likely to stay focused.

So send your "sorry" before you reunite—and when you do, you'll feel nothing but love.



calvinkleinfragrances.com
dillard's

euphoria
Calvin Klein

©2009 Calvin Klein Cosmetics Corporation euphoria™ / euphoria™ men



Naked Truth

“Help! Sometimes sex hurts—what do I do?”



Hilda Hutcherson, M.D., is a clinical professor of obstetrics and gynecology at Columbia University's College of Physicians and Surgeons in New York City and the author of *Pleasure*. Send your questions to her at askhilda@redbookmag.com.

Q Lately I've found it can be painful to have sex. Is this because I'm not turned on, or is there a more serious cause?

A Pain during sex is quite common. In fact, most of us will have at least one experience where our “ooohs” are replaced with “ouch!” For instance, during the middle of your cycle, when you are ovulating and your ovary is swollen and tender, the penis may push against it and cause discomfort, especially when penetration is deep. (You may feel similar discomfort just before or after your period.) Switching to a position where penetration's not as deep—try lying on your sides, face-to-face—should solve the problem.

The most common cause of painful sex, though, is vaginal dryness. When you become aroused, your vagina “sweats” a slippery fluid that makes intercourse easy and pleasurable. When you do not produce enough fluid, you have two dry surfaces (a dry penis and a dry vagina) rubbing against each other—causing friction, heat, and burning. The resulting pain can last for hours, or sometimes days. Dryness most commonly occurs when we do not get enough foreplay, which gives your vagina the time it needs to lubricate and become longer and wider at the top, making insertion and movement of the penis easier. Women often need more time to become aroused after they've been in a relationship for a

while. That's because that pizzazz you had at the beginning—when just thinking about your partner was enough!—eventually dies down, and it takes more action to turn you on. As you age, too, your vagina may be drier due to a drop in estrogen levels, especially after giving birth and after menopause. Medications like antihistamines and birth control pills can also cause dryness. So devote more time to foreplay—that could mean anything from holding hands to nibbling his ear to dirty talk or blowing your hot breath over each other's bodies. Use your imagination! And try using a water-based lubricant (which won't break down a condom) to relieve dryness and make foreplay even more fun.

Discomfort may also stem from yeast, bacterial, or herpes infections, which can cause swelling and irritation of your vagina and vulva. Vestibulitis, an irritation of the glands that surround the opening of your vagina, can make even touching the opening unbearable; vaginismus, or involuntary spasms of the muscles surrounding your vagina, can make it almost impossible for a penis or even a finger to enter. (The cause of the former condition is unknown; the latter may be triggered by a painful past event, among other things.) Recurrent pain during deep penetration can also mean a medical problem—whether it's an ovarian cyst, endometriosis, fibroids, or a pelvic infection—so see your doctor if you're having it. **R**

What you may not know about condoms



It's not only teens who buy condoms. Many married women in my practice use them—for birth control, to protect their spouse from herpes they contracted from a previous partner, or just to spice things up. And even longtime couples make mistakes in putting and keeping them on! I've had patients tell me a condom slipped off because it was too big, or because their husband

didn't withdraw his penis after ejaculating. (I've even removed condoms that got, uh, lost.) In fact, a full 30 percent of condom users wear them incorrectly, according to a Kinsey Institute study. The next time you use one, remember:

1 Choose the right size: snug, regular/average, or magnum—which every guy wants to wear, but if he's too small, it's gonna

slip off. The condom should not budge once it's on.

2 Unroll the condom from the tip of the penis downward. If it's not easy, the condom might be inside out, and you should start over with a new one. Leave some space at the tip to catch semen.

3 Your partner should withdraw right after ejaculation, holding the base of the condom to prevent spillage.

Q: How did you do it?

A:



NEW!

Lose up to
25 lbs
quickly!*

See what the
SLIMQUICK® family
of products has
done for real people
at myslimquick.com

Introducing SLIMQUICK® Ultra Fat Burner. Now you can lose up to 25 lbs quickly!*. Our new triple-action formula **burns fat, carbs and calories** while still addressing six ways that women lose weight along with diet and exercise. With it you can drop up to **three times the weight vs. diet alone!***

To start transforming your body, and for more details, visit myslimquick.com today.



Also available in delicious powder packets
or a Caffeine Free Formula.

Supercenters

Walgreens

CVS/pharmacy

RITE
AID

TARGET

Kmart

*In a multi-centered double blind clinical study, women consuming a key component in the SLIMQUICK Ultra formula twice daily lost an average of three times the weight as placebo (24.6 lbs vs. 8.1 lbs) in only 90 days. Both groups consumed a reduced calorie diet of 1350 Calories per day. Regular exercise and a reduced calorie diet are essential for achieving your weight loss goals. Read the entire label before use and follow directions. The logos and marks presented including SLIMQUICK® are protected by trademark law and may not be used without written consent. ©2010. All rights reserved.



Tom, 32, took the lead in running, but now Krista, 30, is right in step.

How We Stay Close

“Running is what keeps us connected”

For **Krista and Tom DeMaio**, training together keeps their love alive and their hearts beating a little faster.

The moment I realized that my husband, Tom, and I were truly a team was a sweaty and phlegm-y one: It was the first time I successfully ran up a grueling hill. And Tom was running alongside me, grinning as if he were the one conquering this difficult feat.

Running hadn't always been my thing. When I met Tom six years ago, it was his. But a few months later, I went to cheer him on in a 10K race, and I found myself inspired by the excitement of the event. I wanted to share in that—with Tom.

We started off slow: I'd huff and puff and swear that running wasn't for me, but Tom, my patient teacher, wouldn't let me give up. I put my trust in him, and as our relationship progressed, our weekend runs grew longer. After two years, we got engaged and bought our first home, perched on a hilltop; among a whole new set of challenges, we now could count hill training.

I declared my love for Tom at our fall 2007 wedding, but it wasn't until that following summer, when we signed up for a four-mile race, that I fell

in love with running as a couple. I'll never forget how strong I felt—physically and emotionally—when I crossed the finish line and saw my biggest fan standing on the sidelines rooting for me. (He always beats me, but I'm closing the gap!) Since then, we've been to at least a dozen races together, including the 10K that started it all.

So running has become “our” thing. Weekend runs are as precious to us as date nights. It's just us, sometimes acting silly (like when I strive to spit like a guy). We've learned how to feel vulnerable around each other and, in turn, how to truly support each other. And you'd be surprised how many issues, like whose family we're spending the next holiday with, have been resolved while trotting down a hill. Some days we're silent and focused, but there's comfort in knowing we're never more than a stride apart. We joke that the couple that runs together stays together, and I can't think of a better metaphor for marriage. We have good runs and bad runs, but in the end, we're both better people for going the distance—side by side. **R**

JOHN FRIEDA.

LONDON PARIS NEW YORK



sheer
blonde.
ENTOURAGE

JOIN THE BLONDEST CLUB IN TOWN AT
FORBLONDESONLY.COM
FOR EXCLUSIVE OFFERS AND EVENTS.

**GO LIGHTER.
GO BRIGHTER.
AFTER ALL, YOU'RE A BLONDE.**

SHEER BLONDE.

NOBODY KNOWS BLONDES BETTER.

JOHNFRIEDA.COM



Sex Life Road Test

This month, we asked two couples to devote one evening to the woman and her pleasure, then switch it up and spend a night laying all the loving on the man. Did this bedroom experiment send the flames of passion soaring? Read on to find out.

Couple #1

“It was fun to assign specific times to giving each other our full, wholehearted devotion.”

She says: My night of pleasure came first. I requested a massage and some loving from my favorite vibrator. My boyfriend set the tone by playing soft John Mayer music, then he finished things off by performing oral sex on me. It was awesome, and so fun to get to put in special requests! On his night, I was worried I'd be too tired to show him the same loving attention he'd showed me because I'd spent an exhausting day shopping at Ikea, but I pulled through and gave a pretty good performance down there, if I do say so myself. It was fun to assign specific times to giving each other our full, wholehearted devotion. It was something we'd never tried before, and we'll definitely do it again.

He says: I think my girlfriend really enjoyed her night of pleasure, and it was so fun for me to please her. My night was fantastic! My girl is quite skilled at pleasing me. I loved switching things up to focus on each other exclusively for different times.

Passion factor: 🔥🔥🔥🔥 Red sizzlin' hot

Couple #2

“We concentrated on the long, slow, sensual kind of sex that his 'n' hers pleasure required.”

She says: This activity was much harder than it sounds (pun intended!). We started with his night of fun. I took my time downtown with my hands and my mouth, which he clearly enjoyed. We cuddled afterward, like we usually do, which might have been cheating because it was pleasurable for me too. But it would've felt weird otherwise—was I supposed to just give my guy oral sex, then make him a sandwich while he played Grand Theft Auto? No, thanks! When it was time for my night, he did his thing in my nether regions, which was lovely as usual; he's very generous and receptive to constructive criticism! But I felt bad not reciprocating. Despite his protests that it wasn't his night, I ended up caving and pleasuring him as well. Something that felt special about both of these nights is that we really concentrated on the long, slow, sensual kind of sex that his 'n' hers pleasure requires—and I always adore that!

He says: I loved it when my partner spent a lot of time down there, and she tried out a few new great moves. But after the oral sex, it was really hard to not keep going: When you're in the batter's box, you want to swing for the fences.

Passion factor: 🔥🔥🔥 Smoking



More sexy ways to spice up your love life To find dozens more dishy, tell-all Sex Life Road Test reviews, log on to redbookmag.com/slrt.

All the sound without all the wires.



Shown in
Platinum White.

The Bose® Wave® music system

Just plug it in and hear what you've been missing. With the Bose Wave® music system, there are no stacks of components. No tangle of wires. No dials to adjust. Advanced Bose technologies inside this small system work together to fill the room with the acclaimed performance that has made Bose the most respected name in sound. Audio writer Wayne Thompson of the *Oregonian* calls it "one-of-a-kind" and "my choice for product of the year." You enjoy clear, realistic sound that you may have only thought possible from a much larger, more complicated stereo. In fact, *Forbes* FYI reports that "you'll think you're listening to a...sound system that costs five times more."

A roomful of premium sound...not wires. You buy a sound system to listen to music. Not to spend hours setting up equipment and connecting wires. With the Wave® music system, you'll experience the pleasures of Bose quality sound moments after you open the box. Rich Warren of the *News-Gazette* says this easy-to-use system "will flat out seduce you."

Enjoy the acclaimed performance in so many ways. Listen to the Wave® music system in your living room, kitchen, bedroom, wherever you want better sound. Everything you need is built in: CD/MP3 CD player, FM/AM tuner, clock and alarm. You control them all with a convenient remote. Connect your TV or MP3 player, if you like. An optional **Multi-CD Changer** makes it easy to listen to your favorite music for hours. As David Novak, the Gadget Guy, says, "It can easily replace whatever component system you currently have."

Try it for 30 days, risk free. Choose your favorite color: Platinum White, Graphite Gray or Titanium Silver. And hear the sound risk free for 30 days. Expand your enjoyment with one of the system's optional accessories – you'll **save \$50 on any Wave® accessory** you choose when you order your system now. And when you call, ask about making **12 easy payments**, with no interest charges from Bose.* So call now and order. You'll soon discover how delightfully simple it is to enjoy Bose sound.

SAVE \$50 on any Wave® music system accessory when you order by June 30, 2010.



For your CDs. Choose the Multi-CD Changer to enjoy your music for hours on end.



For your iPod. Choose the Connect Kit for iPod to hear your iPod or iPhone while it recharges.



For your computer. Choose the SoundLink® Adapter to enjoy the music on your computer wirelessly.

To order or learn more:

**1-800-925-9738,
ext. TW339**

www.Bose.com/WMS

BOSE®
Better sound through research®

*Bose payment plan available on orders of \$299-\$1500 paid by major credit card. Separate financing offers may be available for select products. See website for details. Down payment is 1/12 the product price plus applicable tax and shipping charges, charged when your order is shipped. Then, your credit card will be billed for 11 equal monthly installments beginning approximately one month from the date your order is shipped, with 0% APR and no interest charges from Bose. Credit card rules and interest may apply. U.S. residents only. Limit one active financing program per customer. ©2010 Bose Corporation. Patent rights issued and/or pending. The Wave® music system's distinctive design is a registered trademark of Bose Corporation. Financing and savings offers not to be combined with other offers or applied to previous purchases, and subject to change without notice. The \$50 savings offer can be applied to only one accessory. If the accessory selected costs less than \$50, then the remaining money is forfeit. Connect Kit works with iPhone and many iPods with a click wheel; call for details. iPod not included. If the Wave® music system is returned, the accessory must be returned for a full refund. Offers are limited to purchases made from Bose and participating authorized dealers. Offers valid 5/1/10-6/30/10. Risk free refers to 30-day trial only and does not include return shipping. Delivery is subject to product availability. iPod and iPhone are trademarks of Apple Inc. All other marks are property of Bose Corporation. Quotes reprinted with permission: Thomas Jackson, *Forbes* FYI, Winter/04.

“The one
thing we
agree on...”

“...is that we
disagree on
everything.”

Decisions, decisions. For **Cheryl and Wally Jablow**, coming to an agreement is virtually impossible. Our love expert shows this California couple how to end the bickering and find their common ground.

By Brenda Della Casa



Unleash the complete
killing force
against fleas and ticks.



Unlike other products from your vet, only FRONTLINE® Plus completely annihilates the flea life cycle on dogs and cats by killing fleas as adults, eggs, and larvae. Plus ticks. And, FRONTLINE Plus keeps killing for 30 days. Satisfaction guaranteed. That's why it's the #1 choice of vets for their pets*—and yours.†



*Data on file at Merial.

†Vet-dispensed; MDI Data.

©FRONTLINE is a registered trademark of Merial.

©2010 Merial Limited, Duluth, GA. All rights reserved. FLE10CNPRINTAD

completekiler.com

When Cheryl and Wally Jablow started dating in 2001, living in different cities—she in Chicago and he in Oakland,

CA—meant that many “date nights” were spent on the phone, talking about their hopes and dreams for the future. But nine years later, the clear lines of communication that once brought them so close have now become filled with static; it’s practically impossible for the Palmdale, CA, couple to make even small decisions together. And their inability to discuss life’s touchier topics—such as whether to move closer to a major city or how and when to start a family—has brought their marriage to a standstill. “When we start to

talk about some of the bigger issues, our conversations become overwhelming and unproductive,” says Wally, 44, a commercial pilot. As a result, Cheryl and Wally both shy away from discussing difficult subjects—and abruptly end conversations once they become uncomfortable. “We wind up getting so annoyed with each other that we never revisit the topic, leaving it unresolved,” says Cheryl, 42, an event planner.

“Cheryl and Wally share a desire to resolve their communication issues,” says Jennine Estes, a marriage therapist in San Diego. “Sadly, neither one of them feels comfortable enough to express themselves in a way that makes them feel heard or understood.” While both Cheryl and Wally are trying to protect their relationship by walking away from contentious topics, they are actually reinforcing the idea that it isn’t safe to discuss their feelings with each other. “By avoiding disagreements, the Jablows are actually creating more conflict and distance in their relationship,” Estes says. For this couple to be able to make some of their bigger decisions, they need to learn how to communicate in their day-to-day interactions and acknowledge the impact that staying silent is having on their marriage.

“We can’t communicate our feelings to each other”

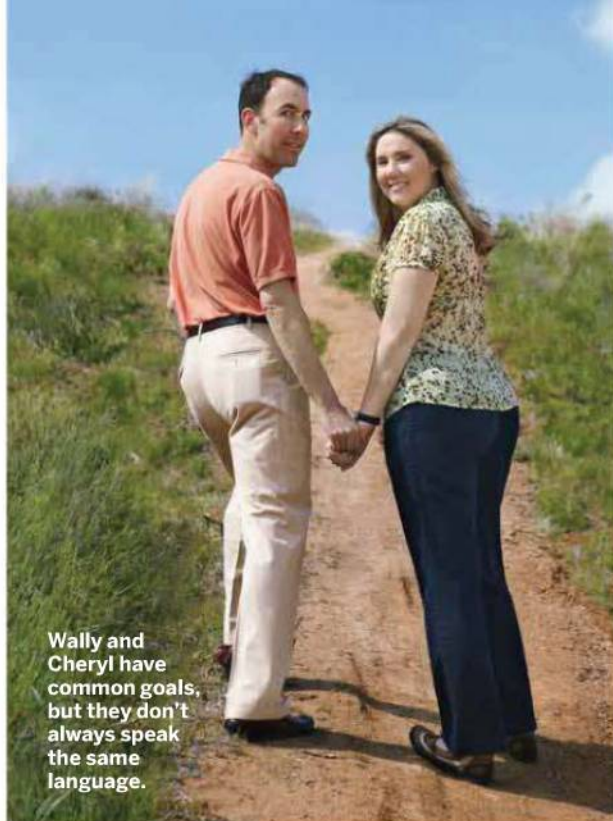
Wally: “I feel like Cheryl expects me to read her mind sometimes, which can be frustrating. When

CHERYL

“I don’t mean to rebut...”

“...but you do.”

WALLY



Wally and Cheryl have common goals, but they don’t always speak the same language.

I ask her opinion about something, she’ll say, ‘Whatever you want’ and put the responsibility on me to make a decision. Then, when the outcome isn’t the one she wanted, she’ll say something like, ‘Never fails,’ which makes me feel like she has no faith in me. I feel like I can’t win.”

Cheryl: “You know, it’s interesting, I could say the same thing about Wally! I feel like I have to constantly push to get him to say how he feels or what he’s thinking, and I still never have a clear picture of what’s actually going on his brain.”

Wally: “I have tried to share my thoughts with Cheryl, but I’m not as quick or as good with my emotions as she is with hers. Sometimes she’ll pressure me to ‘Hurry up and spit it out,’ and I can’t. When I do share my thoughts, she’ll start pushing me for more information, and I can’t give it to her, so I just stay silent.”

Cheryl: “There are times when I know Wally has something to say to me but can’t find the words to say it. But I’ve always thought I was very clear with him about what I wanted; apparently, it doesn’t always come across that way to him.”

Our expert on... communication:

Both Cheryl and Wally have a difficult time expressing themselves, not only in the context of their marriage but with others as well. “It was like pulling teeth to get Wally and Cheryl to talk about their relationship struggles, and when they did open up, I found it hard to keep them both on track,” Estes says. “The more we discussed their challenges, the more they would go in circles and the quicker they would change the topic.” **p.66▶**

GETTING HELP MANAGING MY SYMPTOMS WAS A WAY TO MOVE FORWARD.

Maybe ABILIFY can help you.

ABILIFY (aripiprazole) is clinically proven to help control the symptoms of manic and mixed episodes of Bipolar I Disorder in adults and in pediatric patients 10 to 17 years of age. It is one of many treatment options.

Hundreds of thousands of adult patients have been prescribed ABILIFY. Ask your healthcare professional if once-a-day ABILIFY is right for you.



FOR THE ROAD AHEAD

www.abilifyinfo.com

IMPORTANT SAFETY INFORMATION:

Elderly patients with dementia-related psychosis (for example, an inability to perform daily activities due to increased memory loss) taking ABILIFY have an increased risk of death or stroke. ABILIFY is not approved for treating these patients.

Some medicines can increase suicidal thoughts and behaviors in children, teens, and young adults. Serious mental illnesses are themselves associated with an increase in the risk of suicide. When taking ABILIFY call your doctor right away if you have new or worsening mood symptoms, unusual changes in behavior, or thoughts of suicide. Patients and their caregivers should be especially observant within the first few months of treatment or after a change in dose.

- Call your doctor if you develop very high fever, rigid muscles, shaking, confusion, sweating, or increased heart rate and blood pressure, as these may be signs of a rare but potentially fatal condition called **neuroleptic malignant syndrome (NMS)**
- If you develop abnormal or uncontrollable facial movements, notify your doctor, as these may be signs of **tardive dyskinesia (TD)**, which could become permanent
- If you have **diabetes** or have risk factors or symptoms of diabetes, your blood sugar should be monitored. High blood sugar has been reported with ABILIFY and medicines like it. In some cases, extreme high blood sugar can lead to coma or death
- **Other risks** may include lightheadedness upon standing, decreases in white blood cells (which can be serious), seizures, trouble swallowing, or impairment in judgment or motor skills. Until you know how ABILIFY affects you, you should not drive or operate machinery

Most common side effects ($\geq 10\%$) from all clinical trials involving adults or pediatric patients include:

- **ADULTS:** Nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety, insomnia, and restlessness
- **PEDIATRIC PATIENTS (6 to 17 years):** Sleepiness, headache, vomiting, extrapyramidal disorder (for example, uncontrolled movement disorders or muscle disturbances such as restlessness, tremors and muscle stiffness), tiredness, increased appetite, insomnia, nausea, stuffy nose/sore throat, and increased weight

Tell your doctor about all the medicines you're taking, since there are some risks for drug interactions. You should avoid alcohol while taking ABILIFY.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please read the additional Important Information about ABILIFY on the adjacent page.

If you or someone you know needs help paying for medicine, call 1-888-4PPA-NOW (1-888-477-2669). Or go to www.pparx.org



Partnership for
Prescription Assistance

Individual results may vary. Actor portrayal.



IMPORTANT INFORMATION ABOUT ABILIFY

This summary of the Package Insert contains risk and safety information for patients about ABILIFY. This summary does not include all information about ABILIFY and is not meant to take the place of discussions with your healthcare professional about your treatment. Please read this important information carefully before you start taking ABILIFY and discuss any questions about ABILIFY with your healthcare professional.

Name

ABILIFY® (a-BIL-i-fi) (aripiprazole) (air-i-PIP-ro-zall)

What is ABILIFY (aripiprazole)?

ABILIFY is a prescription medicine used alone or with lithium or divalproex to treat manic or mixed episodes of Bipolar I Disorder in adults or pediatric patients (10 to 17 years).

What is Bipolar I Disorder?

Bipolar I Disorder is an illness with symptoms thought to be caused by an imbalance of brain chemicals. People who have Bipolar I Disorder tend to experience extreme mood swings, along with other specific symptoms and behaviors. These mood swings, or "episodes," can take three forms: manic, depressive, or mixed episodes. Common symptoms of a manic episode are: feeling extremely happy, being very irritable and anxious, talking too fast and too much, and having more energy and needing less sleep than usual. Common symptoms of a depressive episode include: feelings of overwhelming sadness or emptiness, low energy, a loss of interest in things, trouble concentrating, changes in sleep or appetite, and thoughts of dying or suicide. A mixed episode includes symptoms that are both manic and depressive.

Who should NOT take ABILIFY?

People who are allergic to ABILIFY or to any substance that is in it. Allergic reactions have ranged from rash, hives and itching to difficulty breathing and swelling of the face, lips, or tongue. Please talk with your healthcare professional.

What is the most important information that I should know about ABILIFY?

Elderly patients, diagnosed with psychosis as a result of dementia (for example, an inability to perform daily activities as a result of increased memory loss), and who are treated with antipsychotic medicines including ABILIFY, are at an increased risk of death when compared to patients who are treated with a placebo (sugar pill). ABILIFY is not approved for the treatment of patients with dementia-related psychosis.

Some medicines can increase suicidal thoughts and behaviors in children, teens, and young adults. Serious mental illnesses are themselves associated with an increase in the risk of suicide. When taking ABILIFY call your doctor right away if you have new or worsening mood symptoms, unusual changes in behavior, or thoughts of suicide. Patients and their caregivers should be especially observant within the first few months of treatment or after a change in dose.

Serious side effects can occur with any antipsychotic medicine, including ABILIFY. Tell your healthcare professional right away if you have any conditions or side effects, including the following:

Stroke or ministroke in elderly patients with dementia: An increased risk of stroke and ministroke has been reported in clinical studies of elderly patients with dementia (for example, increased memory loss and inability to perform daily activities). ABILIFY is not approved for treating patients with dementia.

Neuroleptic malignant syndrome (NMS): Very high fever, rigid muscles, shaking, confusion, sweating, or increased heart rate and blood pressure may be signs of NMS, a rare but serious side effect that could be fatal.

Tardive dyskinesia (TD): Abnormal or uncontrollable movements of face, tongue, or other parts of body may be signs of a serious condition known as TD, which may be permanent.

High blood sugar and diabetes: Patients with diabetes and those having risk factors for diabetes (for example, obesity, family history of diabetes), as well as those with symptoms such as unexpected increases in thirst, urination, or hunger should have their blood sugar levels checked before and during treatment. Increases in blood sugar levels (hyperglycemia), in some cases serious and associated with coma or death, have been reported in patients taking ABILIFY, and medicines like it.

Orthostatic hypotension: Lightheadedness or faintness caused by a sudden change in heart rate and blood pressure when rising too quickly from a sitting or lying position (orthostatic hypotension) has been reported with ABILIFY.

Leukopenia, Neutropenia, and Agranulocytosis: Decreases in white blood cells (infection fighting cells) have been reported in some patients taking antipsychotic agents, including ABILIFY. Patients with a history of a significant decrease in white blood cell (WBC) count or who have experienced a low WBC due to drug therapy should have their blood tested and monitored during the first few months of therapy.

Suicidal thoughts: If you have suicidal thoughts, you should tell your healthcare professional right away.

Dysphagia: Medicines like ABILIFY have been associated with swallowing problems (dysphagia). If you had or have swallowing problems, you should tell your healthcare professional.

What should I talk to my healthcare provider about?

Patients and their families or caregivers should watch for new or worsening mood symptoms, unusual changes in behavior and thoughts of suicide, as well as for anxiety, agitation, panic attacks, difficulty sleeping, irritability, hostility, aggressiveness, impulsivity, restlessness, or extreme hyperactivity. Call your healthcare provider right away if you have thoughts of suicide or if any of these symptoms are severe or occur suddenly. Be especially observant within the first few months of antidepressant treatment or whenever there is a change in dose.

Be sure to tell your healthcare provider:

- About any medical conditions you may have
- Whether you're taking any other prescription or over-the-counter medicines, vitamins, or herbal products
- Whether you're pregnant, plan to become pregnant, or are breast-feeding
- If you have or have had a low white blood cell count (WBC)
- If you or anyone in your family has had seizures
- If you or anyone in your family has had high blood sugar or diabetes

What should I avoid when taking ABILIFY (aripiprazole)?

- Avoid overheating and dehydration
- Avoid driving or operating hazardous machinery until you know how ABILIFY affects you
- Avoid drinking alcohol
- Avoid breast-feeding an infant

What are the possible side effects of ABILIFY?

Common side effects in adults include: nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety and insomnia. Common side effects in pediatric patients (6 to 17 years) include: sleepiness, headache, vomiting, extrapyramidal disorder (for example, uncontrolled movement disorders or muscle disturbances such as restlessness, tremors and muscle stiffness), tiredness, increased appetite, insomnia, nausea, stuffy nose/sore throat, and increased weight.

It is important to contact your healthcare professional if you experience prolonged, abnormal muscle spasm or contraction which may be signs of a condition called dystonia.

This is not a complete list of side effects. For full patient information, visit www.abilify.com. Talk to your healthcare professional if you have questions or develop any side effects.

What percentage of people stopped taking ABILIFY (aripiprazole) due to side effects?

The percentage of adults who discontinued taking ABILIFY due to side effects compared to those treated with sugar pill was 11% and 10% in clinical trials of ABILIFY used alone and 12% and 6% in a clinical trial of ABILIFY used with lithium or divalproex.

In clinical trials, the percentage of pediatric patients (10 to 17 years) who discontinued taking ABILIFY due to side effects was 7% and 2% for patients treated with sugar pill.

Can I safely take ABILIFY while I'm taking other medications?

ABILIFY can be taken with most drugs; however, taking ABILIFY with some medicines may require your healthcare professional to adjust the dosage of ABILIFY.

Some medicines* include:

- ketoconazole (NIZORAL®)
- quinidine (QUINIDEX®)
- fluoxetine (PROZAC®)
- paroxetine (PAXIL®)
- carbamazepine (TEGRETOL®)

It is important to tell your healthcare professional about all the medicines you're taking, just to be sure.

How should I take ABILIFY?

- Take ABILIFY exactly as directed by your healthcare professional
- ABILIFY is usually taken once a day and can be taken with or without food
- If you miss a dose, take it as soon as you remember. However, if it is time for your next dose, skip the missed dose and take only your regularly scheduled dose
- Talk to your healthcare professional before stopping ABILIFY or changing your dose

General advice about ABILIFY:

- ABILIFY should be kept out of the reach of children and pets
- Store ABILIFY Tablets and the Oral Solution at room temperature
- For patients who must limit their sugar intake, be aware that ABILIFY Oral Solution contains sugar
- For patients who cannot metabolize phenylalanine (those with phenylketonuria or PKU), ABILIFY DISCMLT® contains phenylalanine
- If you have additional questions, talk to your healthcare professional

Find out more about ABILIFY:

Additional information can be found at www.abilify.com/bipolardisorder

* NIZORAL is a registered trademark of Janssen Pharmaceutica; QUINIDEX is a registered trademark of Wyeth Pharmaceuticals; PROZAC is a registered trademark of Eli Lilly and Company; PAXIL is a registered trademark of GlaxoSmithKline; TEGRETOL is a registered trademark of Novartis Pharmaceuticals.

Based on Full Prescribing Information as of 11/09 1239550A7.

Bristol-Myers Squibb Otsuka Otsuka America Pharmaceutical, Inc.

Tablets manufactured by Otsuka Pharmaceutical Co., Ltd., Tokyo, 101-8535 Japan or Bristol-Myers Squibb Company, Princeton, NJ 08543 USA.

Orally Disintegrating Tablets, Oral Solution, and injection manufactured by Bristol-Myers Squibb Company, Princeton, NJ 08543 USA.

Distributed and marketed by Otsuka America Pharmaceutical, Inc., Rockville, MD 20850 USA.

Marketed by Bristol-Myers Squibb Company, Princeton, NJ 08543 USA. U.S. Patent Nos. 5,006,528; 6,977,257; and 7,115,587.

©2009 Otsuka America Pharmaceutical, Inc., Rockville, MD

570US08CBS01904 0309L-2755 D6-B0001D-11-09-BD November 2009

According to a survey on Always.com,

97% *of women*
WHO TRIED
Always Infinity

SAID THEY'D RECOMMEND IT TO FRIENDS.

The other 3%
never like anything anyway.

Discover for yourself the pad that's
amazing women everywhere. Only Always
Infinity has a revolutionary Infinicel™ core. It
adapts, absorbs and bounces back more than the
leading regular ultra. And it will change your
period experience forever. *Have a happy period.*



Consumers who participated understood that their reviews could be used for
further advertising/promotional purposes by the brand. ©2010 P&G



You don't have to live with a scar.

Mederma® lets you take charge of your appearance. It's clinically proven to soften, smooth and reduce the appearance of scars so you can get back your confidence and move on with your life.



Leave your scar behind.™
mederma.com



Your Love Life

CHERYL

"I'm not yelling. I just get loud when I don't think you're hearing my point."

◀p.62 The Jablows need to build better basic communication skills, Estes says: "It's vital that Wally and Cheryl learn to problem-solve as a team, but they can't do that until they feel comfortable opening up to each other." Estes suggests that the couple practices by learning to agree on smaller compromises, such as where to have dinner or what movie to see. "You might not care if you have Mexican or Italian for dinner, but forcing yourself to make a decision will help you build confidence in your ability to share your feelings," Estes says. Writing letters is another safe way the couple can express themselves. "When Wally and Cheryl become overwhelmed with emotion, they're more likely to lose focus or say things they don't mean," Estes says. "With a letter, they can choose their words carefully and make sure they're sending the right message."

"Our disagreements always escalate"

Cheryl: "When I feel like I can't make my point or Wally's not hearing me, I start to get loud, which can upset Wally. The next thing you know we're having a full-blown argument. There are times when Wally gets so upset that he'll physically start jumping around."

Wally: "When Cheryl starts yelling, I get all of this aggravated energy that I just have to get out somehow, so I'll jump around, and then she laughs at me. Sometimes Cheryl will twist my words and throw them back at me or bring up dirty laundry, which only takes the argument more out of control. And she always interrupts me, which is infuriating."

Cheryl: "I interrupt Wally when I feel like I'm not able to get my point across. And I do bring up old issues, but only as examples of past behavior that still exists today. If I bring something up, it's because there's a pattern that I am seeing."

Wally: "I don't like dirty fighting. Once it's no longer productive, I say, 'Okay, I'm done,' and walk away."

Our expert on... fighting:

The Jablows have started to approach their arguments as a zero-sum game, but if they want their marriage to win, they're going to have to call a truce and join the same team. "Cheryl and Wally are approaching their conversations with the idea that there has to be a 'winner' and a 'loser' in each discussion, but that's just not the case," Estes says. "Sometimes couples simply can't see eye to eye—and that's okay. It doesn't have to drive a wedge between you."

Furthermore, Cheryl's yelling and Wally's stonewalling are both damaging the marriage. "They both act like they can't do anything to stop these crazy arguments," Estes says, "but they can." If Cheryl makes an effort to stay quiet while he speaks, Wally will feel that she's listening to what he's saying instead of simply trying to trump him in the discussion—something that causes him to shut down. In turn, Wally can resist the urge to disengage at the first sign of confrontation, which will show Cheryl that he's committed to working through their problems together. "Whether it's taking a time-out and revisiting the issue the next day, taking a few deep breaths and counting to 10, or even pinching themselves to stop from jumping in when the other is speaking, they each need to remind themselves that they are interested in finding a solution to their problem while maintaining respect for the other person," Estes says. And no matter what you're arguing about, dragging up the past is big no-no, Estes says. "Once you bring up past issues, you bring up all of the resentments, hurts, and misunderstandings that go along with them," she

"It's not just that you yell—you also bring up old dirty laundry."

WALLY

explains. "In order to work through any issue, you have to stay focused on it and not allow yourself to get sidetracked."

"We can't make big decisions"

Cheryl: "I have simply stopped broaching big topics, such as whether we want to adopt children, because Wally never brings them up. I worry that some things, like becoming a father, are no longer important to him."

Wally: "Cheryl thinks that because I don't actively bring up a topic, I don't think about it or want it, but that's not true. We both have a tendency to wait for the other person to take the initiative with some of the bigger decisions. When neither of us does, I just assume we don't want it enough to take that first step."

Cheryl: "I don't mind taking the initiative, but I do want to see some effort on Wally's part so I know I'm not alone in my desire for something, be it parenthood or something else."

Wally: "I don't want Cheryl to feel alone—because she's not. But there are just some decisions that I am not comfortable making right now."

Our expert on... decision making:

"When both Cheryl and Wally wait for the other person to pull the trigger on big decisions, nothing moves forward," Estes says. Arguing or being resentful about something, without taking steps to learn more about the course of action and what it would mean for them as a couple, is a nonproductive pattern that

will continue forever unless they take control of it. The first step in addressing heavy topics is to lighten up, Estes says. "Right now, every topic is loaded for Wally and Cheryl because the pressure cooker has been packed full and things are bubbling over," she says. Estes suggests that the couple "take small bites" out of big issues by committing to a nightly check-in to find out how the other person is feeling. The Jablows can also schedule a weekly date night where they set aside a specified amount of time to discuss an agreed-upon topic. "Before the date night, both Cheryl and Wally should spend some time writing down their thoughts in a journal that will help them better understand their own feelings, as well as help them remember to make certain points during the discussion," Estes says. Decisions are a part of life, and ignoring them won't make them go away. "It's okay to not know exactly how you feel or to change your mind, but the key to a healthy, lasting marriage is to talk things through *together* so you can find the solution that is right for both of you."

The couple's takeaway

Cheryl: "I never realized that I wasn't being clear about my needs with Wally, so I'm really going to make an effort to be more direct with him from now on. I'm going to try to take a step back, slow down some of my responses, and think about things more thoroughly before I respond. I like the idea of writing letters to each other, or just writing down our own thoughts to be clear about them. Having a weekly date to discuss certain topics is also a good idea."

Wally: "This experience showed me that it's important to reach out to Cheryl more and let her know how I'm feeling about things. The session helped me realize that even if I don't know what to say, just letting Cheryl know that I am here and invested in the relationship can make a big difference." **R**



I WANT YOU TO LOSE WEIGHT!



One of the main reasons people go on a diet is to look good. Losing body weight is part of the goal, but what you really want to do is lose excess body fat. The more body fat you lose, the thinner you get, the more shredded you look and the better you feel.

My Maximum Strength Fat Burner® contains a unique blend of natural compounds specifically designed to turn any sensible diet and exercise plan into the ultimate fat-burning experience.

Works with any sensible diet and exercise program!

Get It Today! 1-800-698-2135
or visit **JillianWeightLoss.com**

Available at: GNC®, Walgreens®, Rite Aid®, CVS/Pharmacy®, Vitamin World®, The Vitamin Shoppe®, Walmart® Canada.

Our guarantee: Because no weight-control product or program will work for everyone, all of our fine formulations are backed by a 100% satisfaction guarantee. Simply stated, if you are not satisfied with any Jillian Michaels weight-control formula, just return it to the place of purchase within 30 days.

All trademarks are property of their respective owners. Individual results will vary. Use in conjunction with any sensible diet and exercise program. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. ©2010 All Rights Reserved. BR13321

Eating out while trying to stay on track can be pretty challenging. Avoid overdoing your order by picking your meal ahead of time. Many restaurants have their menus available on their websites. Figure out what you want to fill up on and you'll be ready to avoid temptation come dinnertime. Pre-game for parties. If you've got a party coming up, don't fret over getting off track. Instead, fill up on a healthy meal before you go. You'll have less of an appetite for greasy appetizers and still be able to enjoy the festivities. Prevent idle hands. Being in front of the television is one of the biggest reasons people forget about portion control.

Stair step your goals. Having just one big goal may be a few small goals along the way, like going to the gym three days a week or eating a vegetable at every meal. Small accomplishments are more rewarding and make the whole experience more enjoyable. Chances are the more you do, the more you will want to do. So, start with one small goal and work your way up. As soon as you finish with each meal, clean your house and turn off the lights. Tell yourself that the next day you will practice the art of going to the gym. Also, note or how you are feeling during exercise where your routine could use an idea of what's working and what will. Take some time each day to focus on the good and point out three things you like about yourself or what you did well on. Stress can eat you up, so take time to relax and enjoy life.



A tall stack of approximately 20 rectangular, golden-brown crackers or biscuits. The crackers have a slightly textured surface and are stacked vertically, showing their edges and tops. They appear to be made of a soft dough, possibly with some herbs or spices. The stack is centered in the frame against a plain white background.

17 Special K™ Crackers for 90 calories

Body & Mind

It's time to take care of you

Sugar shocker

Setting the record straight on the high-fructose corn syrup debate.

Ever since 1990, when a study linked sodas sweetened with high-fructose corn syrup to weight gain, there's been a heated dispute about the syrup's potential dangers. Since then, dozens of studies have proven and negated the original findings, sparking passionate responses from both sides—and lots of confusion for the rest of us. (You may have seen the commercials from the Corn Refiners Association aiming to dispel myths about the syrup.)

The debate got stirred up again recently when a study on rats showed that those fed high-fructose corn syrup gained more weight than those fed the same amount of calories in sugar. They also had increased fat cells circulating in the blood and higher amounts of fat around the abdomen. But before you swear off high-fructose corn syrup (and it's in seemingly everything, from bread and cereal to ketchup and ice cream), hear the facts from Joan Salge Blake, R.D., a spokesperson for the American Dietetic Association. "It's impossible to extrapolate what happened in the rats to humans," Blake says. **"When high-fructose corn syrup and sugar are absorbed into our bloodstream, the two are indistinguishable by the body."** That's because both consist of fructose and glucose and contain equal calories. "Bottom line: It's not about whether you eat sugar or syrup," Blake says. "If you eat more calories—of anything—than you burn, you're going to gain weight." Her advice: Fill up daily on the recommended 4½ cups of fruits and veggies, 3 cups of dairy, and 6 ounces each of whole grains and lean meats or beans—and save the sweets for an occasional treat.



Should you
skip this sweet
summer treat?

Yes, You Can *be healthier this month*



Stay in shape even if you've put on pounds

If you've lost weight and gained it back, don't throw in the towel on exercise. Men and women who put pounds back on after shedding them but continued working out maintained the health benefits they scored from their initial weight loss—including lowered cholesterol, blood pressure, and glucose levels—according to a study in the *Journal of Applied Physiology*. Those who quit exercising lost those perks. “This shows that exercise is a more important factor in improving overall health and reducing risk of disease than weight loss,” says Tom Thomas, Ph.D., the lead author of the study. “So don't get turned off by the numbers on the scale.” You really *can* be fit and strong at any size!

Zap a headache naturally

Sure, meditation's a good way to clear your mind—or so you've heard (it always seemed a little woo-woo to you). But the next time you have a headache, set aside your skepticism and inhale: Meditating for 20 minutes a day, three days a week can actually alleviate physical pain, according to a study from the University of North Carolina. Start with these simple steps: “Take a couple of deep breaths and pay full attention to the changing sensations you feel,” advises lead researcher Fadel Zeidan, Ph.D. Your pain will lessen, he says, plus you'll be more relaxed in general. Talk about sweet relief.

Feel more fit. Fast.

There's no more fun (or simple) way to get healthier than this: Sign up for Morsel (healthymagination.com/projects/morsel), which sends one easy to-do to your phone via text every day for free, such as “Sit up straight at the edge of your chair for 10 minutes” or “Write down the next meal you eat.” (You can also get the tips on the website.) Once you've tackled the task, click “Done” for a point—and watch your score soar as you become the picture of good health, day by day.

Take a load off your knees

Clogs and stability shoes may protect your feet, but if your knees are what ail you, shoes with a softer sole could be a better bet, according to research from Rush University Medical Center in Chicago. Study author Najia Shakoor, M.D., found that shoes with stiff soles and heels add unnecessary forces to the knee—and “loading on the knee joints is a key factor in the development of osteoarthritis,” she says. “Aim for footwear that supports your feet but has a fairly flexible sole,” like the Pumas used in the study.



**Wheezing, coughing...
when my asthma symptoms came
back, I went back to my doctor.**

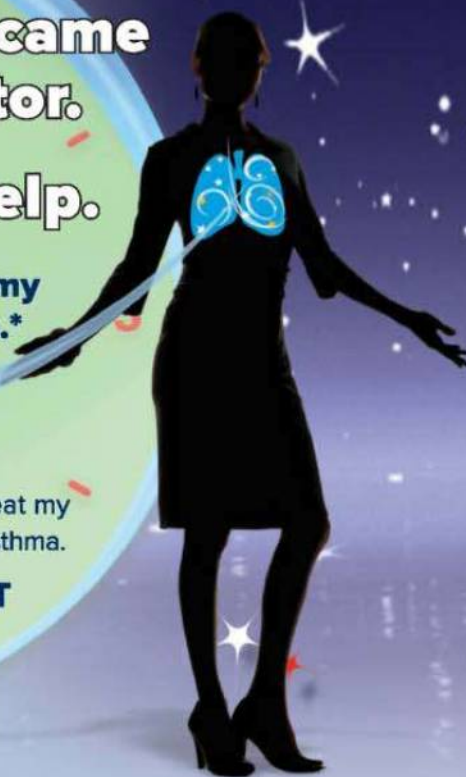
We chose **SYMBICORT to help.**

**9 SYMBICORT starts to improve my
lung function within 15 minutes.*
Importantly, SYMBICORT will
not replace a rescue inhaler for
sudden symptoms.**

The two medicines in SYMBICORT help treat my
symptoms and help me take control of my asthma.

**Ask your doctor if SYMBICORT
is right for you. 6**

*Your results may vary.



IMPORTANT INFORMATION ABOUT SYMBICORT

Important Safety Information About SYMBICORT for Asthma

SYMBICORT contains formoterol, a long-acting beta₂-agonist (LABA). Medicines containing LABAs may increase the chance of asthma-related death. So, SYMBICORT should be used only if your health care professional decides another asthma-controller medicine alone does not control your asthma or you need two controller medicines.

While taking SYMBICORT, never use another medicine containing a LABA.

SYMBICORT won't replace rescue inhalers for sudden asthma symptoms. Do not use SYMBICORT more than twice a day. If you are taking SYMBICORT, see your health care professional if your asthma does not improve or gets worse.

Some people may experience increased blood pressure, heart rate, or change in heart rhythm. Tell your doctor if you have a heart condition or high blood pressure. If you are switching to SYMBICORT from an oral corticosteroid, follow your doctor's instructions to avoid health risks when you stop using oral corticosteroids.

**For more information, go to MySymbicort.com
or call 1-888-777-4350.**

*If you're without prescription coverage and can't afford
your medication, AstraZeneca may be able to help.
For more information, please visit www.astrazeneca-us.com.*

Avoid exposure to infections such as chicken pox or measles. Tell your health care professional immediately if you are exposed.

In clinical studies, common side effects included nose and throat irritation, headache, upper respiratory tract infection, sore throat, sinusitis, and stomach discomfort.

Approved Uses for SYMBICORT for Asthma

Prescription SYMBICORT is a controller medicine for the long-term maintenance treatment of asthma. SYMBICORT is for people 12 years and older whose doctor has decided are not well controlled on another asthma-controller medicine or who need two asthma controller medicines. SYMBICORT is not for the treatment of sudden asthma symptoms.

Please see Important Product Information on adjacent page and discuss with your doctor.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Symbicort[®]
(budesonide/formoterol fumarate dihydrate)
Inhalation Aerosol

IMPORTANT INFORMATION ABOUT SYMBICORT

Please read this summary carefully and then ask your doctor about SYMBICORT.

No advertisement can provide all the information needed to determine if a drug is right for you or take the place of careful discussions with your health care professional. Only your health care professional has the training to weigh the risks and benefits of a prescription drug.

WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT SYMBICORT?

In patients with asthma, long-acting beta₂-agonist (LABA) medicines, such as formoterol (one of the medicines in SYMBICORT), may increase the chance of death from asthma problems. In a large asthma study, more patients who used another LABA medicine died from asthma problems, compared with patients who did not use that LABA medicine. Talk with your health care professional about this risk and the benefits of treating your asthma with SYMBICORT.

SYMBICORT does not relieve sudden symptoms, so you should always have a fast-acting inhaler (short-acting beta₂-agonist medicine) with you. If you do not have this type of inhaler, talk with your health care professional to have one prescribed for you.

Get emergency medical care if your breathing problems worsen quickly and your fast-acting inhaler does not relieve them.

Do not stop using SYMBICORT unless your health care professional tells you to stop because your symptoms might get worse.

WHAT IS SYMBICORT?

SYMBICORT is an inhaled prescription medicine taken twice a day, every day, over long periods of time to control asthma and chronic obstructive pulmonary disease (COPD).

Asthma

SYMBICORT 80/4.5 mcg or 160/4.5 mcg is used long-term, two times each day, to control symptoms of asthma and prevent symptoms such as wheezing in patients age 12 years and older.

Chronic Obstructive Pulmonary Disease

COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. SYMBICORT 160/4.5 mcg is used every day, two times each day, to help improve lung function for better breathing. In adults with COPD.

SYMBICORT contains two medicines:

- Budesonide (the same medicine found in PULMICORT FLEXHALER™ [budesonide inhalation powder]), an inhaled corticosteroid medicine, or ICS. ICS medicines help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms.
- Formoterol (the same medicine found in Foradil® Aerolizer®) is a long-acting beta₂-agonist medicine, or LABA. LABA medicines are used in patients with COPD and asthma. LABA medicines help the muscles in the airways of your lungs stay relaxed to prevent asthma symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles in the airways tighten. This makes it hard to breathe, which, in severe cases, can cause breathing to stop completely if not treated right away.

WHO SHOULD NOT TAKE SYMBICORT?

You should not take SYMBICORT if your health care professional decides that your asthma or COPD is well controlled using another medicine, or you only use a fast-acting inhaler once in a while.

Do not use SYMBICORT to treat sudden severe symptoms of asthma or COPD or if you are allergic to any of the ingredients in SYMBICORT.

WHAT SHOULD I TELL MY HEALTH CARE PROFESSIONAL BEFORE USING SYMBICORT?

Tell your health care professional about all of your health conditions, including if you

- have heart problems
- have high blood pressure
- have seizures
- have thyroid problems
- have diabetes
- have liver problems
- have osteoporosis
- have an immune system problem
- are allergic to any medications
- are exposed to chicken pox or measles
- are pregnant or planning to become pregnant because it is not known if SYMBICORT may harm your unborn baby
- are breast-feeding because it is not known if SYMBICORT passes into your milk and if it can harm your baby. You and your health care professional should decide if you will be taking SYMBICORT while breast-feeding.

Tell your health care professional about ALL the medicines you are taking, including all your prescription and nonprescription medicines, vitamins, and herbal supplements.

SYMBICORT and certain other medicines may interact with each other and can cause serious side effects. Be sure to keep track of ALL the medication you take. You might want to make a list and show it to your health care professional, including your pharmacist, each time you get any new medicine, just to be sure there are no potential drug interactions.

HOW DO I USE SYMBICORT?

Do not use SYMBICORT unless your health care professional has carefully demonstrated how to do so. If you have any questions concerning the use of SYMBICORT, ask your health care professional. SYMBICORT should be taken twice (2 puffs each time) every day as prescribed by your health care professional.

SYMBICORT comes in two strengths for asthma: 80/4.5 mcg and 160/4.5 mcg. Your health care professional will prescribe the strength that is best for you. SYMBICORT 160/4.5 mcg is the approved dosage for COPD.

- Make sure that you rinse your mouth with water after each dose (two puffs) of SYMBICORT without swallowing and spit the water out.
- Do not change or stop any of the medicines you use to control or treat your breathing problems. Your health care professional will adjust your medicines as needed.
- Do not spray SYMBICORT in your eyes. If you accidentally get SYMBICORT in your eyes, rinse your eyes with water. If redness or irritation persists, call your health care professional.
- Always have a fast-acting inhaler with you. Use it if you have breathing problems between doses of SYMBICORT.

Seek emergency medical care if

- your breathing problems worsen quickly and your fast-acting inhaler does not relieve your breathing problems
- you experience any symptoms of a serious allergic reaction to SYMBICORT, such as a rash; hives; swelling of the face, mouth, or tongue; or breathing problems

Contact your health care professional if

- you need to use your fast-acting inhaler more often than usual
- your fast-acting inhaler does not work as well for you at relieving symptoms
- you need to use four or more inhalations of your fast-acting inhaler for 2 or more days in a row
- you use up your entire fast-acting inhaler canister within 8 weeks
- your peak-flow meter results decrease. Your health care professional will tell you the numbers that are right for you
- your asthma symptoms do not improve after using SYMBICORT regularly for 1 week
- you have COPD and notice any symptoms such as increase in mucus or change in mucus color, fever, chills, increased cough, or increased breathing problems because these symptoms may mean you have pneumonia or another lung infection

WHAT MEDICATIONS SHOULD I NOT TAKE WHEN USING SYMBICORT?

While you are using SYMBICORT, do not use other medicines that contain a long-acting beta₂-agonist (LABA) for any reason, such as

- Serevent® Diskus® (salmeterol xinafoate inhalation powder)
- Advair Diskus® or Advair® HFA (fluticasone propionate and salmeterol)
- Formoterol-containing products such as Foradil® Aerolizer®, Brovana®, or Performerist®

WHAT ARE OTHER IMPORTANT SAFETY CONSIDERATIONS WITH SYMBICORT?

- Increased risk of pneumonia if you have COPD
- Eye problems, such as glaucoma and cataracts. Regular eye exams should be considered while using SYMBICORT
- Osteoporosis. People at risk for increased bone loss may have a greater risk with SYMBICORT
- Slowed growth in children. As a result, growth should be carefully monitored
- Immune system effects and a higher chance for infections
- Cardiovascular and central nervous system effects of LABAs, such as chest pain, increased blood pressure, fast or irregular heartbeat, tremor, or nervousness

WHAT ARE OTHER POSSIBLE SIDE EFFECTS WITH SYMBICORT?

Adults and children age 12 years and older with asthma

- Headache
- Sore throat
- Oral thrush
- Upper respiratory tract infection

Patients with COPD

- Oral thrush

Long-acting beta₂-agonists may increase the risk of asthma-related death. Tell your health care professional about any side effect that bothers you or that does not go away. These are not all the side effects with SYMBICORT. Ask your health care professional for more information.

NOTE: This summary provides important information about SYMBICORT. For more information, please ask your doctor or health care professional about the full Prescribing Information and discuss it with him or her. SYMBICORT is a registered trademark of the AstraZeneca group of companies. Other brands mentioned are trademarks of their respective owners and are not trademarks of the AstraZeneca group of companies. The makers of these brands are not affiliated with and do not endorse AstraZeneca or its products.

© 2009 AstraZeneca LP. All rights reserved.
Manufactured for: AstraZeneca LP, Wilmington, DE 19850
By: AstraZeneca AB, Dunkerque, France Product of France
Rev 9/09 288055

Visit www.MySymbicort.com.

Or, call 1-866-SYMBICORT



AstraZeneca

FEAR^{OF} BEING EXPOSED

Does your deodorant lay it on thick? Great protection doesn't have to feel heavy. New **Secret Sheer Mineral** gives you the 24-hour protection you trust with a light mineral application you'll love. So don't be afraid to expose a little skin. Secret Sheer Mineral lets your skin breathe.

NEW SECRET
**Sheer
Mineral**

24-hour protection
that lets your
skin breathe.



FEARLESSNESS
APPLY DAILY

Secret®

SUNSCREEN BREAKTHROUGH

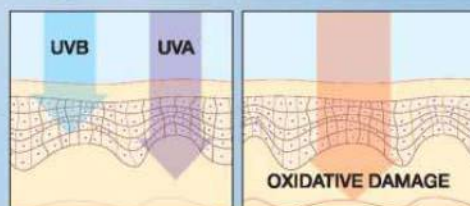
Best in sun protection.

Beyond SPF. The best, most comprehensive lotion protection from skin aging, skin burning and deeper oxidative damage.



What is oxidative damage?

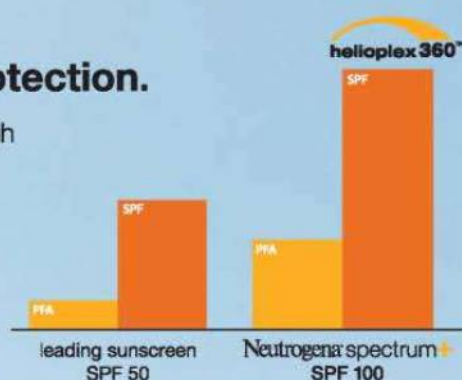
Oxidative damage is deep cellular damage, a leading cause of premature skin aging that is scientifically linked to skin cancer.



helioplex 360™

A new kind of sun protection.

Helioplex360™, a true breakthrough in sun protection technology, is specifically engineered to protect against the main causes of sun damage: UVA, UVB and oxidative damage. To learn more visit helioplex360.com.



Protection efficacy vs. a leading sunblock lotion. SPF includes some measure of UVA protection.

Dermatologists' #1 choice.

Not only is Neutrogena® suncare with **helioplex®** recommended most by dermatologists, it's the suncare they choose most for themselves and their families. From SPF 55 to SPF 100+, **Neutrogena® spectrum+** with **helioplex360™** feels light and clean while providing advanced sun protection.



Early detection of skin cancer can save lives. That's why Neutrogena and the American Society for Dermatologic Surgery have partnered to provide free skin cancer screenings May–December. Go to ChooseSkinHealth.com for more information.

© 2010 Neutrogena Corp.

Neutrogena®

#1 DERMATOLOGIST RECOMMENDED SUNCARE

Skin Cancer News

Stay safe in (and out of) the sun

Scary, but true: Even if you use sunscreen and shun tanning beds (and you should!), you could get melanoma—the second most common cancer in women under 40. Here, skin experts and brave survivors show you how to reduce your risk, all year long. **By Nancy Rones**

If you're a reality-TV fan, you've probably seen the *Jersey Shore* roommates bronzing themselves as part of their daily "GTL"—gym, tanning, laundry—routine, or caught the *Housewives* sunning, between catfights, on a yacht. But going for the glow can lead to a potentially deadly consequence: melanoma. And those folks on TV aren't the only ones at risk. More than 68,000 people in this country will get melanoma this year, and 8,650 will die; in fact, one person dies nearly every hour from melanoma. And women under 40 are more likely to develop this cancer than any other except breast cancer.

Melanoma is the most serious type of skin cancer. Exposure to ultraviolet (UV) rays—either from the sun or tanning beds—is believed to cause about 65 percent of cases, which usually show up on the skin as new lesions or within moles you already had. If ignored, a melanoma can spread throughout

the body, sometimes proving fatal. "Ultraviolet radiation damages the DNA in skin cells, increasing your risk of developing cancer," says David Fisher, M.D., Ph.D., the chief of dermatology at Massachusetts General Hospital. "A tan is the skin's stress response to the damage." So much for a "healthy" glow.

UV exposure isn't the only cause of melanoma. Your genes and family history can make you susceptible, as can having a weakened immune system, fair skin, blue eyes, blonde or red hair, or a large number of moles on your body. Or you could have zero known risk factors and still be diagnosed with the disease. Sun exposure is the only known cause you can prevent—but staying

in the shade is just one way to protect yourself. Here, the latest news on how to lower your risk and recognize a possibly dangerous mole or growth—and crucial lessons from four women who've survived this deadly disease. ►

FACT

About 65 percent of melanoma is caused by the sun or tanning beds.

"I thought my changing moles were just a side effect of pregnancy."

Jennifer Miller, 40, Indianapolis



Throughout her childhood, Jennifer Miller, 40, dreaded the frigid Indianapolis winters and looked forward to the summers, when she'd soak up as much sun as possible. In her tweens, she routinely slathered on a homemade mixture of baby oil and iodine to get a darker tan. "It wasn't socially acceptable in the '80s to have porcelain skin," says Jennifer, a hair-salon owner and mother of two girls, ages 3 and 5. "My dad even encouraged me to be tan because he felt that my fair skin looked sick." Skin cancer didn't weigh on Jennifer's mind, since no one in her family had ever had it. Once in a while, she used SPF 4 at the beach. Otherwise, she felt it was fine to burn a little, since the redness usually turned to tan. (This is a dangerous myth: According to the Skin Cancer Foundation, it only takes five or more sunburns in a lifetime to double your risk for melanoma.

Jennifer has had at least 20 of them.)

When Jennifer was 16, she began going to tanning salons with friends at least once a week. "Tanning made me feel more attractive and physically healthier," she says. "I absolutely think I was addicted." For the next six years, she continued hitting the beds on a regular basis with little concern. The tanning industry claimed that salons were safer than basking in the sun—why would she doubt them?

Then, in her mid-30s, Jennifer noticed an explosion of moles while pregnant with

her first daughter; while carrying her second, some of those moles grew and became darker. Though she hated how they looked, she chalked them up to pregnancy and didn't consider having the moles checked until Anita Day, a client at her salon who'd just lost two loved ones to melanoma, urged Jennifer to see a dermatologist. Strictly to appease her, Jennifer made an appointment in February 2008. During the visit, the dermatologist told her, "I'm not really worried," before removing three suspicious moles on her upper thigh, arm, and chest. A couple of days later, the doctor called: The mole on her upper thigh, it turned out, was Stage I melanoma. "It was terrifying to think that I had had cancer growing during my pregnancy," Jennifer says. "The fear of not watching my girls grow was enormous." Luckily, the melanoma was caught early and hadn't spread.

Today, Jennifer has a large scar on the front of her thigh where the melanoma and the surrounding skin were removed. She avoids going out in the sun midday, wears hats when she does, and gains extra protection by wearing mineral makeup over her SPF 50 sunscreen. (Many mineral foundations provide a natural SPF because they contain titanium dioxide and zinc oxide, which physically

block the sun's UVA and UVB rays.) Committed to educating others about the sun's dangers, she now sells mineral makeup and sunless tanning wipes at her salon. Jennifer also teamed up with the organization Outrun the Sun Inc.—which Anita cofounded after both her father and a close family friend succumbed to melanoma—to help launch the Salon Stylist Education Program, which trains stylists to recognize potentially cancerous moles on clients' scalps.

At home, Jennifer makes sure her girls are well protected from the sun. "Everyone at their summer program knows that I'm a freak about sunscreen," Jennifer says. "The girls have it on before they leave the house, and then the teachers reapply before they go out to the playground. I'm making sure that their summers are different from the summers of my childhood." ▶

Your lifesaving melanoma guide

Melanoma is highly curable in its early stages, so checking your skin regularly for changes might save your life. Before melanoma spreads, the five-year survival rate is 99 percent; once it travels past its original location in the body, that percentage can plummet as low as 16 percent. "I recommend that patients scan their skin every two to three months," says Elizabeth L. Tanzi, M.D., an assistant professor of dermatology at Johns Hopkins Hospital Center in Baltimore. Tanzi also recommends getting full body exams

by a dermatologist once a year. Keep in mind: Most melanomas show up on sun-exposed areas, but they can also occur in places that rarely or never see the sun, such as on your palm, the soles of your feet, genitals, nail beds, and in your mouth. (If you're darker-skinned, in fact, you're more likely to have a melanoma in a less-exposed zone.) A cancerous growth might be new or might develop in a mole you've had for years. The next time you notice a funky-looking spot, follow the American Academy of Dermatology's ABCDE's of melanoma (listed below and shown at left), and see your dermatologist if you answer "Yes" to one or more of these questions:



A = ASYMMETRY If you drew a line down the middle of the mole, would one half look different from the other? Cancerous cells don't grow evenly.

B = BORDER Is the perimeter of the mole jagged or blurred, rather than defined and round or oval? You should be able to tell where the mole stops and skin begins.

C = COLOR Do you see a variety of shades, such as tan, brown, and black, within the mole? Benign moles are all one color.

D = DIAMETER Is the lesion bigger than the size of a pencil eraser? Most melanomas are this size or larger.

E = EVOLVING Has this spot changed in size, shape, or color since your last check? Itchiness can also signal a problem.

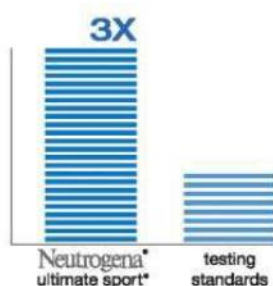
FACT

If a woman develops melanoma while she is pregnant, she's at very high risk of its recurring during another pregnancy.

The best line of sport sunblock reaches a new level of protection.

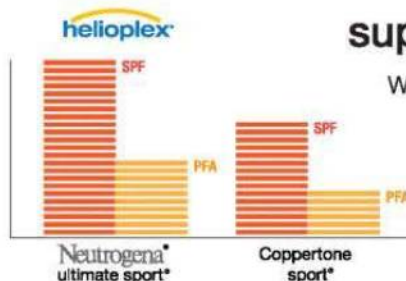


© 2010 Neutrogena Corp.



3X more waterproof than testing standards

Early sunscreen wear-off can leave an athlete's skin even more vulnerable to the sun's damaging rays. Neutrogena® Ultimate Sport® SPF100+ provides superior UVA/UVB defense, while it's 3X more waterproof than the testing standard.



helioplex® The technology behind superior UVA/UVB protection

With Helioplex® technology, UVA defense stays strong and steady to help provide the highest combined level of UVA/UVB protection vs. the Coppertone sport protection line. That's precisely why it's the best line of sport sun protection.

BEST AVERAGE UVA/UVB PROTECTION VS. COPPERTONE SPORT LINE. SPF INCLUDES SOME MEASURE OF UVA PROTECTION.

Formulated to withstand sunscreen's biggest wear-off factors:

- ☒ water
- ☒ sweat
- ☒ rubbing
- ☒ wipe-off



Neutrogena®

#1 DERMATOLOGIST RECOMMENDED SUNCARE

“Battling Stage III cancer was frightening—especially as a new mom.”

Gina Otts, 35, Richardson, TX



Growing up in Iowa, Gina Otts didn't think she needed sunscreen. “No one felt like the sun there was strong enough to be dangerous,” the engineer says. In warm weather, she played sports outdoors and laid out at the beaches along the Mississippi River. She'd hit tanning salons, but only before big events like her prom and her wedding.

In March 2007, nine months after giving birth to her daughter, Madison, Gina noticed that a small, dark, slightly raised mole on her lower back—one of more than 100 on her body—had become oddly itchy. Around this time, she saw a physician for back pain. He saw the mole and, concerned that its center was lighter in color than the rest, told Gina to see a dermatologist right away. She made an appointment for the next day. As the doctor examined

Gina's mole, then took a biopsy, she calmly noted, “I've seen worse-looking ones that have come back okay.” So Gina was shocked to hear, 10 days later, that she had melanoma. “I thought about all the things I might not see Madison do, like walk and learn to read,” she says.

The news became worse: Her melanoma was Stage III, meaning it had spread to her lymph nodes. Gina endured two surgeries to remove infected lymph nodes from her stomach and arm and tissue surrounding the mole. Then she began a treacherous yearlong course of the drug interferon—the only treatment

FDA-approved to fight recurrence of Stage III melanoma. Interferon, Gina was told, might reduce the chances of a relapse by a meager 10 percent. Injected into her leg three times a week, the drug made her weak, made her hair fall out, and impaired her thyroid function, causing a 20-pound weight loss in seven days. With her husband traveling often for work, Gina struggled to gather the strength to work full time and be a mom. “I could barely lift Madison into her car seat,” she says.

Treatment ended in May 2008, and within three months Gina regained her energy (though her thick, curly hair took far longer to return). To celebrate her new beginning, Gina and her husband went on a 40-mile trek through the Andes Mountains. “The chance that I'll get melanoma again is greater than 50 percent, so I'm determined to take care of myself to help avoid recurrence,” says Gina, who runs three miles a day and eats a diet packed with fruits and vegetables. Every six months, she gets scanned for signs of cancer; waiting for the results is always agonizing, she says. Looking back on her difficult year of treatment, Gina says, “I never knew what the next day would bring, and I didn't want to miss anything that a mother shares with her child during their first year together.” Two years later, she's just as committed to making every day with her daughter count.

The other skin cancers you must watch for

Although melanoma is the most lethal skin cancer, the two main types of nonmelanoma skin cancer—basal cell carcinoma (BCC) and squamous cell carcinoma (SCC)—occur in much greater numbers. More than two million people in this country are now treated for nonmelanoma skin cancers each year, according to a recent study in the *Archives of Dermatology*—nearly double the number of cases from the early 1990s.

Why the shocking upturn? Study coauthor Howard Rogers, M.D., Ph.D., believes it's the logical aftereffect of the post-World War II era, when Hollywood made tan skin fashionable and prosperous times led Americans to vacations at the shore. (Tanning booths are another contributing factor, he says—see “5 harsh truths about tanning beds,” page 82.) With skin cancer reaching such epidemic levels, there's a strong chance this disease will find you. Here's what you should know.



● **Basal cell carcinoma:** The most common skin cancer, BCC accounts for the vast majority of skin cancer diagnoses, according to the American Cancer Society. BCC is often found on sun-exposed areas, such as the face, neck, and legs. Unlike melanoma, it rarely spreads throughout the body, and when detected early enough, it's highly curable. Once you have a BCC, though, there's a good chance you'll develop another one or a different form of skin cancer.

May look like: A small pimple that's pearly or translucent; a shiny pink or red raised area; an open sore that bleeds, oozes, or crusts.



● **Squamous cell carcinoma:** Like BCC, it shows up most frequently on sun-exposed areas. It's usually curable, but when it's not caught in time, it can destroy the skin around the mole, and a small percentage of aggressive cases can spread to the lymph nodes and organs—sometimes turning lethal. Once you have SCC, you're more likely to develop the same or other skin cancers in the future.

May look like: A red, crusted patch; a sore that doesn't heal; a small, red, rounded lump.

“As a Hispanic woman, the prospect of having skin cancer—let alone melanoma—seemed unreal.”

Lily Mikulski, 29, Miami



Many pictures from Lily Mikulski's Miami childhood show her out in the sun, wearing a tank top and shorts. When plans called for the beach or the park, Lily, now a 29-year-old public relations executive, wore SPF 45. But she wasn't always protected. About three times a week, she practiced with her high school dance team in the school's parking lot without sunblock;

FACT

For 20 years following a melanoma diagnosis, survivors face an increased risk for more melanoma—as well as other cancers.

A baby's skin is different. So we made a different kind of sunblock.



A baby's skin is 10 times more sensitive to the environment.

With a thinner skin and a developing natural protection system, a baby's skin needs special protection from the sun and irritating chemicals. That's why Neutrogena created Pure & Free® Baby sunblock. Unlike the leading baby sunblocks, it has **100% naturally-sourced sunscreen ingredients.**

pureSCREEN®

Powerful sunblocks that come from nature.

Only Pure & Free® Baby protects with **pureSCREEN®** — a powerful blend of physical sunblockers with no irritating chemicals. It forms a protective barrier over delicate skin, reflecting and scattering harmful UVA/UVB rays before they have a chance to even touch your baby.

Clinically proven to
be safe on delicate skin.

- ☒ no irritating chemicals
- ☒ fragrance free
- ☒ hypoallergenic
- ☒ won't run & sting eyes
- ☒ no dyes or oils

Goes on smooth, not chalky.

After trying Pure & Free®, 94% of moms agreed that it wasn't greasy or oily. It glides on effortlessly with no chalky buildup.

Early detection of skin cancer can save lives. That's why Neutrogena and the American Society for Dermatologic Surgery have partnered to provide free skin cancer screenings May–December. Go to www.ChooseSkinHealth.com for more information.

In partnership with
ASDS
American Society for
Dermatologic Surgery

Ask your doctor about using sunscreen on infants under 6 months of age. © 2010 Neutrogena Corp.

Neutrogena®

#1 DERMATOLOGIST RECOMMENDED SUNCARE

she'd don sunblock before her outdoor water-polo practices but never reapplied. In her mid-20s, Lily moved to Los Angeles for graduate school and swapped her SPF 45 for SPF 4 tanning oil. "I had lost some weight," Lily says. "I felt a dark tan would make me look even better." She didn't worry much about cancer since her olive skin tanned easily and never burned—plus, she didn't know any other Hispanics who had skin cancer.

FACT

Hispanics and African-Americans often wait longer to have suspicious spots checked—and are diagnosed with more advanced cases of melanoma as a result.

Then, one day in 2005, Lily noticed that a small mole on her right arm had a rough texture. Eventually it formed a scab and peeled off. During a visit to Miami a couple of months later, she went to her mother's dermatologist for dry skin and mentioned the mole. The dermatologist removed it, had it biopsied—and revealed that it was melanoma. "I thought, *How am I going to tell my parents?* and as a single woman, I wondered, *Who is going to want to marry me now?*" Three weeks later, Lily was relieved to hear the cancer was Stage I and hadn't spread.

Since then, Lily's doctor has pinpointed other moles she needs to monitor closely. He told her to avoid the sun as much as possible and to use an umbrella, don protective clothing—

including a hat, pants, and a long-sleeved shirt—and wear sunscreen if she has to be out in it.

Nine months after hearing her diagnosis, Lily went on a date with Tomasz, an IT professional. When she told him about her melanoma, he was surprised but unfazed. In November 2008, the couple wed. During the ceremony, Lily grew overwhelmed when she and Tomasz said the "in sickness and in health" part of their vows. "It felt too close," Lily says. "I'm so appreciative for what I have in life, but it never feels like melanoma is over."

"A few sunburns and a strong family history of cancer may have led me to a deadly diagnosis."

Bonnie Powers, 42, Los Angeles



By the time I was 10, I knew the sun wasn't my friend," says Bonnie Powers, a 42-year-old marketing consultant in Los Angeles. While playing tennis or swimming, Bonnie's pale skin always burned easily and never tanned. After three major childhood sunburns—with blisters, fever, pain, and itching—she became very careful about protecting her skin. In college, Bonnie applied sunscreen to walk between classes on campus; as an adult, she sat in shaded areas and under umbrellas when in sunny spots.

Because she was so vigilant, Bonnie didn't think she needed to see a dermatologist. But in 2006, a friend who'd survived melanoma convinced her to start going for regular checks. The doctor pointed out that Bonnie was at a heightened risk for skin cancer because of her fair skin, her red hair, and her past with severe sunburns. Her chances were also increased because her father had had three nonmelanoma cancerous lesions removed from his skin, including two basal cell carcinomas and one squamous cell.

(These are common but usually aren't fatal. See "The other

skin cancers you must watch for," page 78.) The dermatologist gave Bonnie a diagram to follow for doing monthly self-checks.

Two years later, Bonnie noticed that a new freckle on her shin was growing and knew something wasn't right. She was especially worried because of her immediate family's strong history of cancer, which included not only non-melanoma but also lymphoma and breast cancer. Bonnie's instincts were, unfortunately, dead



Get smart about sunscreen

Be proactive about preventing skin cancer by wearing sunscreen every day on areas that will be exposed to outdoor light—even on cloudy days, when 80 percent of the sun's UV rays can slip through the clouds. A far cry from the white stuff you wore as a kid, today's sunscreens are nongreasy, invisible on the skin, and come in every form possible, from sprays to wipes. The biggest improvement: Many products now shield you more effectively from the sun's two types of dangerous rays, UVB (which are the main cause of sunburn and have been linked to skin cancer) and UVA (which penetrate through car and house windows, infiltrate the skin's deepest layer, and have been linked to melanoma and premature aging,

including wrinkles). With so many sunscreens to choose from, you're bound to find one you like enough to wear every day!

WHAT TO BUY The American Academy of Dermatology recently upped its recommendation from daily use of SPF 15 or higher to a minimum of SPF 30 on exposed skin. The SPF number on sunscreen indicates how much longer than usual you can stay in the sun without burning if you use it. If you usually start burning after 10 minutes, for instance, using an SPF 30 sunscreen means it would take you 30 times longer to burn, or 300 minutes. SPF refers only to the lotion's level of protection against UVB rays, though, so

make sure the label on the bottle boasts coverage that's "broad-spectrum"; this means it protects against UVB and UVA.

HOW TO APPLY Slather it on generously: Most people rub on less than half the amount of sunscreen that's recommended, which is one ounce—enough to fill a shot glass—for the entire body. Using too little SPF 15, say, may only give you the coverage of SPF 5, Tanzi says (one reason dermatologists now recommend SPF 30). Apply sunscreen to skin about 30 minutes before going into the sun. Then reapply every two hours or immediately after sweating, swimming, or drying off with a towel (which can rub lotion off).

Invisible. Weightless.
And it just might save your life.

New Neutrogena Ultra Sheer® Liquid.



Dermatologists tell you that you should wear sunscreen every day, but it's always been too white, thick, and greasy. Not anymore.

94% of women agree that this water-light formula looks and feels invisible.

The first liquid sunblock with Helioplex®, it provides superior broad spectrum UVA/UVB protection and works beautifully alone or under moisturizers and makeup.



Neutrogena®

#1 DERMATOLOGIST RECOMMENDED SUNCARE

NEW

Sensitive skin finally gets its own protection



© 2010 Neutrogena Corp.

with
pureSCREEN™

Made with **pureSCREEN™**, a blend of 100% naturally-sourced sunscreen ingredients, this gentle yet clinically proven formula is lightweight, non-greasy and also fragrance and irritation-free.

Neutrogena®

#1 DERMATOLOGIST RECOMMENDED

For more information on
pureSCREEN™ visit
neutrogena.com

FACT

If a close relative is diagnosed with melanoma, you have a 50-percent-greater chance of developing the disease.

on: Her dermatologist told her the lesion was melanoma. When she got home, Bonnie broke down crying in her boyfriend's arms. Once she was calm enough, she called her parents to break the news—and was stunned to learn, for the first time, that her brother had had Stage I melanoma

about 13 years earlier. Understanding firsthand the terror that came with a melanoma diagnosis, she felt incredible sadness for what he'd gone through.

In August 2008, an oncologist performed surgery to remove the melanoma; Bonnie narrowly escaped a skin graft. She also had a procedure to ensure that the cancer hadn't spread to her lymph nodes and an X-ray to make sure her lungs were clear. Luckily, the cancer was Stage I and hadn't spread. "The fear was unbelievable, from the diagnosis to three weeks later when the surgeon said, 'I got everything,'" Bonnie recalls.

Today, she asks herself

if the melanoma was caused by one of her sunburns; her doctor also suggested that she may have inherited a gene linked to the cancer. In the meantime, Bonnie has been eliminating toxins from her home and diet, believing this will help protect her health down the road.

("There have been anecdotal reports, but no firm evidence, connecting the elimination of toxins from the diet and environment with cancer prevention," says Anna Pavlick, D.O., the director of the NYU Cancer Institute's Melanoma Research Program.)

Now Bonnie's the one telling friends and family to get checked by a dermatologist. "It's crazy that in my immediate family alone there are six incidents of cancer," Bonnie says. "Last year my mother passed away from multiple myeloma. What she went through was tragic. The best I or any of us can do is stay educated, keep up with regular checkups, and make decisions that lead to the best outcome." **R**



5 harsh truths about tanning beds

This might ring a bell: "You only get the healthy rays in tanning beds," or "Tanning beds give you a 'base tan' to keep you from burning." The tanning-salon industry wooed many of us with these marketing claims when UVA rays—the ones tanning machines mainly use—were thought to be safe and only UVB rays from the sun were believed to be harmful. Since then, we've grown wiser. Definitive research has now proven that both UVA and UVB rays can cause skin cancer. (UVA rays have been specifically linked to melanoma.) Still, about 30 million people go tanning every year, about 70 percent of whom are young women. Tanning salons outnumber even Starbucks and McDonalds in some of the largest U.S. cities, according to a San Diego State University study. Still don't want to kick the habit? Here's why you must kiss the bed good-bye:

- 1. Your risk of melanoma increases** by 75 percent when you use tanning beds before the age of 35.
- 2. Last year, the International Agency for Research on Cancer shifted indoor tanning devices to the highest cancer risk category: "carcinogenic to humans."** (They were formerly classified as

"probably carcinogenic to humans.")

- 3. Tanning can be addictive.** For some people, UV radiation can have a druglike effect; they feel dependent on it and can experience withdrawal symptoms, says David Fisher, M.D., Ph.D.
- 4. Not only are tanning-bed users**

more vulnerable to melanoma, they're also 2½ times more likely to be diagnosed with squamous cell carcinoma and 1½ times more susceptible to basal cell carcinoma.

- 5. Starting this July, you're going to pay a 10-percent tax every time** you slip into the tanning booth.

Dermatologists recommend it most.

Beauty editors award it most.

It's the most any moisturizer
could ever hope for.

The #1 dermatologist recommended daily moisturizer

Using a daily facial moisturizer with sunscreen is critical in protecting skin from the sun's damaging rays. Recommended most by dermatologists, Healthy Defense® with SPF 50 provides advanced anti-aging sun protection while its lightweight moisturizer softens and nourishes skin.

helioplex® technology creates superior UVA/UVB protection

With the strength of Helioplex, Healthy Defense provides balanced broad-spectrum protection from both sunburn causing UVB rays and skin-aging UVA rays. Deeply penetrating UVA rays damage collagen and weaken elastin, resulting in fine lines, wrinkles and age spots.

More beauty award wins than any other daily moisturizer

Shape. Allure. InStyle. Women's Health. Cosmopolitan. Just a handful of the beauty magazines whose editors have recognized Healthy Defense as the best daily moisturizer.



Neutrogena®

#1 DERMATOLOGIST RECOMMENDED

© 2010 Neutrogena Corp.

Neutrogena® Healthy Defense® #1 Dermatologist recommended daily moisturizer.

SIMPONI™, a full month of RA relief with one dose a month.

SIMPONI™ FOR MODERATE TO SEVERE RHEUMATOID ARTHRITIS (RA) IN ADULTS.

Just one dose of SIMPONI™ monthly, taken with the medicine methotrexate, helps relieve the pain, stiffness, and swelling of RA. Results may not be the same for everyone. Once you and your doctor are comfortable with the self-injection process, you will inject SIMPONI™ just once a month under the skin.

Ask your rheumatologist if SIMPONI™ (golimumab) is right for you. Please read the Important Safety Information on the adjacent page.

Gone out,
back in a
month

Visit www.4simponi.com or call 888-4 SIMPONI to see if you qualify for a full year of cost support.

SIMPONI™ taken with the medicine methotrexate, is approved to treat adults with moderate to severe rheumatoid arthritis (RA).

**IMPORTANT
SAFETY
INFORMATION**

SIMPONI™ (golimumab) is a prescription medicine. SIMPONI™ can lower your ability to fight infections. There are reports of serious infections caused by bacteria, fungi, or viruses that have spread throughout the body, including tuberculosis (TB) and histoplasmosis. Some of these infections have been fatal. Your doctor will test you for TB before starting SIMPONI™ and will monitor you for signs of TB during treatment. Tell your doctor if you have been in close contact with people with TB. Tell your doctor if you have been in a region (such as the Ohio and Mississippi River Valleys and the Southwest) where certain fungal infections like histoplasmosis or coccidioidomycosis are common.

You should not start SIMPONI™ if you have any kind of infection. Tell your doctor if you are prone to or have a history of infections or have diabetes, HIV or a weak immune system. You should also tell your doctor if you are currently being treated for an infection or if you have or develop any signs of an infection such as:

- fever, sweat, or chills
- muscle aches
- cough
- shortness of breath
- blood in phlegm
- weight loss
- warm, red, or painful skin or sores on your body
- diarrhea or stomach pain
- burning when you urinate or urinate more than normal
- feel very tired

Unusual cancers have been reported in children and teenage patients taking TNF-blocker medicines. For children and adults taking TNF blockers, including SIMPONI™, the chances for getting lymphoma or other cancers may increase. You should tell your doctor if you have had or develop lymphoma or other cancers.

Tell your doctor about all the medications you take including ORENCIA (abatacept), KINERET (anakinra), RITUXAN (rituximab) or another TNF blocker, or if you are scheduled to or recently received a vaccine. People taking SIMPONI™ should not receive live vaccines.

Reactivation of hepatitis B virus has been reported in patients who are carriers of this virus and are taking TNF-blocker medicines, such as SIMPONI™. Some of these cases have been fatal. Your doctor may do blood tests before and after you start treatment with SIMPONI™. Tell your doctor if you know or think you may be a carrier of hepatitis B virus or if you experience signs of hepatitis B infection, such as:

- feel very tired
- skin or eyes look yellow
- little or no appetite
- vomiting
- muscle aches
- dark urine
- clay-colored bowel movements
- fevers
- chills
- stomach discomfort
- skin rash

Heart failure can occur or get worse in people who use TNF blockers like SIMPONI™. Your doctor will closely monitor you if you have heart failure. Tell your doctor right away if you get new or worsening symptoms of heart failure like shortness of breath or swelling of your lower legs or feet.

Rarely, people using TNF blockers can have nervous system problems such as multiple sclerosis. Tell your doctor right away if you have symptoms like vision changes, weakness in your arms or legs, or numbness or tingling in any part of your body.

Liver problems can happen in people using TNF blockers. Contact your doctor immediately if you develop symptoms such as feeling very tired, skin or eyes look yellow, poor appetite or vomiting, or pain on the right side of your stomach.

Low blood counts have been seen with people using TNF blockers. If this occurs, your body may not make enough blood cells to help fight infections or help stop bleeding. Your doctor will check your blood counts before and during treatment. Tell your doctor if you have signs such as fever, bruising, bleeding easily, or paleness.

Rarely, people using TNF blockers have developed lupus-like symptoms. Tell your doctor if you have any symptoms such as a rash on your cheeks or other parts of the body, sensitivity to the sun, new joint or muscle pain, becoming very tired, chest pain or shortness of breath, swelling of the feet, ankles, and/or legs.

New or worse psoriasis symptoms may occur. Tell your doctor if you develop red scaly patches or raised bumps that are filled with pus.

Tell your doctor if you are allergic to rubber or latex. The needle cover contains dry natural rubber.

Tell your doctor if you have any symptoms of an allergic reaction while taking SIMPONI™ such as hives, swollen face, breathing trouble, chest pain.

Common side effects of SIMPONI™ include: upper respiratory tract infection, nausea, abnormal liver tests, redness at site of injection, high blood pressure, bronchitis, dizziness, sinus infection, flu, runny nose, fever, cold sores, numbness, or tingling.

Please read the Medication Guide for SIMPONI™ and discuss any questions you have with your doctor.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.



25GL09424

Medication Guide

MEDICATION GUIDE SIMPONI™ (SIM-po-nee) (golimumab)

Read the Medication Guide that comes with SIMPONI before you start taking it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking with your doctor about your medical condition or treatment. It is important to remain under your doctor's care while using SIMPONI.

What is the most important information I should know about SIMPONI?

SIMPONI is a medicine that affects your immune system. SIMPONI can lower the ability of your immune system to fight infections. Some people have serious infections while taking SIMPONI, including tuberculosis (TB), and infections caused by bacteria, fungi, or viruses that spread throughout their body. Some people have died from these serious infections.

- Your doctor should test you for TB before starting SIMPONI.
- Your doctor should monitor you closely for signs and symptoms of TB during treatment with SIMPONI.

You should not start taking SIMPONI if you have any kind of infection unless your doctor says it is okay.

Before starting SIMPONI, tell your doctor if you:

- think you have an infection or have symptoms of an infection such as:
 - fever, sweat, or chills
 - muscle aches
 - cough
 - shortness of breath
 - blood in phlegm
 - weight loss
 - warm, red, or painful skin or sores on your body
 - diarrhea or stomach pain
 - burning when you urinate or urinate more often than normal
 - feel very tired
- are being treated for an infection
- get a lot of infections or have infections that keep coming back
- have diabetes, HIV, or a weak immune system. People with these conditions have a higher chance for infections.
- have TB, or have been in close contact with someone with TB
- live, have lived, or traveled to certain parts of the country (such as the Ohio and Mississippi River valleys and the Southwest) where there is an increased chance for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, blastomycosis). These infections may happen or become more severe if you use SIMPONI. Ask your doctor if you do not know if you have lived in an area where these infections are common.
- have or have had hepatitis B
- use the medicine Orencia (abatacept), Kineret (anakinra), or Rituxan (rituximab)

After starting SIMPONI, call your doctor right away if you have any symptoms of an infection. SIMPONI can make you more likely to get infections or make worse any infection that you have.

Cancer

- There have been cases of unusual cancers in children and teenage patients taking TNF-blocking agents.
- For children and adults taking TNF-blocker medicines, including SIMPONI, the chances of getting lymphoma or other cancers may increase.
- People with inflammatory diseases including rheumatoid arthritis, psoriatic arthritis, or ankylosing spondylitis, especially those with very active disease, may be more likely to get lymphoma.

What is SIMPONI?

SIMPONI is a prescription medicine called a tumor necrosis factor (TNF) blocker. SIMPONI is used in adults:

- with the medicine methotrexate to treat moderately to severely active rheumatoid arthritis (RA)
- to treat active psoriatic arthritis (PsA) alone or with methotrexate
- to treat active ankylosing spondylitis (AS)

You may continue to use other medicines that help treat your condition while taking SIMPONI, such as non-steroidal anti-inflammatory drugs (NSAIDs) and prescription steroids, as recommended by your doctor.

What should I tell my doctor before starting treatment with SIMPONI?

SIMPONI may not be right for you. Before starting SIMPONI, tell your doctor about all your medical conditions, including if you:

- have an infection (see **"What is the most important information I should know about SIMPONI?"**).
- have or have had lymphoma or any other type of cancer.
- have or had heart failure.
- have or have had a condition that affects your nervous system, such as multiple sclerosis.
- have recently received or are scheduled to receive a vaccine. People taking SIMPONI should not receive live vaccines. People taking SIMPONI can receive non-live vaccines.
- are allergic to rubber or latex. The needle cover on the prefilled syringe and SmartJect autoinjector contains dry natural rubber.
- are pregnant or planning to become pregnant. It is not known if SIMPONI will harm your unborn baby.
- are breastfeeding. You and your doctor should decide if you will take SIMPONI or breastfeed. You should not do both without talking to your doctor first.

Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. Especially, tell your doctor if you use:

- ORENCIA (abatacept), KINERET (anakinra), or RITUXAN (rituximab). You should not take SIMPONI while you are also taking ORENCIA or KINERET. Your doctor may not want to give you SIMPONI if you have received RITUXAN recently.
- Another TNF-blocker medicine. You should not take SIMPONI while you are also taking REMICADE (infliximab), HUMIRA (adalimumab), ENBREL (etanercept), or CIMZIA (certolizumab pegol).

Ask your doctor if you are not sure if your medicine is one listed above.

Keep a list of all your medications with you to show your doctor and pharmacist each time you get a new medicine.

How should I use SIMPONI?

- SIMPONI is given as an injection under the skin (subcutaneous injection or SC).
- SIMPONI should be injected one time each month.
- If your doctor decides that you or a caregiver may be able to give your injections of SIMPONI at home, you should receive training on the right way to prepare and inject SIMPONI. Do not try to inject SIMPONI yourself until you have been shown the right way to give the injections by your doctor or nurse.
- Use SIMPONI exactly as prescribed by your doctor.
- SIMPONI comes in a prefilled syringe or SmartJect™ autoinjector. Your doctor will prescribe the type that is best for you.
- See the detailed **Patient Instructions for Use** at the end of this Medication Guide for instructions about the right way to prepare and give your SIMPONI injections at home.
- Do not miss any doses of SIMPONI. If you forget to use SIMPONI, inject your dose as soon as you remember. Then, take your next dose at your regular scheduled time. In case you are not sure when to inject SIMPONI, call your doctor or pharmacist.

What are the possible side effects with SIMPONI?

SIMPONI can cause serious side effects, including:

See "What is the most important information I should know about SIMPONI?"

Serious Infections

Hepatitis B infection in people who carry the virus in their blood.

• If you are a carrier of the hepatitis B virus (a virus that affects the liver), the virus can become active while you use SIMPONI. Your doctor may do blood tests before you start treatment with SIMPONI and while you are using SIMPONI. Tell your doctor if you have any of the following symptoms of a possible hepatitis B infection:

- feel very tired
- skin or eyes look yellow
- little or no appetite
- vomiting
- muscle aches
- dark urine
- clay-colored bowel movements
- fevers
- chills
- stomach discomfort
- skin rash

Heart failure, including new heart failure or worsening of heart failure that you already have.

New or worse heart failure can happen in people who use TNF-blocker medicines like SIMPONI.

- If you have heart failure, your condition should be watched closely while you take SIMPONI.
- Call your doctor right away if you get new or worsening symptoms of heart failure while taking SIMPONI (such as shortness of breath or swelling of your lower legs or feet).

Nervous System Problems

Rarely, people using TNF-blocker medicine have nervous system problems such as multiple sclerosis.

- Tell your doctor right away if you get any of these symptoms:
 - vision changes
 - weakness in your arms or legs
 - numbness or tingling in any part of your body

Liver Problems

Liver problems can happen in people who use TNF-blocker medicines, including SIMPONI. These problems can lead to liver failure and death. Call your doctor right away if you have any of these symptoms:

- feel very tired
- skin or eyes look yellow
- poor appetite or vomiting
- pain on the right side of your stomach (abdomen)

Blood Problems

Low blood counts have been seen with other TNF blockers. Your body may not make enough blood cells that help fight infections or help stop bleeding. Symptoms include fever, bruising or bleeding easily, or looking pale. Your doctor will check your blood counts before and during treatment with SIMPONI.

Common side effects with SIMPONI include:

- upper respiratory tract infection
- sinus infection (sinusitis)
- nausea
- flu
- abnormal liver tests
- runny nose
- redness at the site of injection
- fever
- high blood pressure
- cold sores
- bronchitis
- numbness or tingling
- dizziness

Other side effects with SIMPONI include:

- **Immune System Problems.** Rarely, people using TNF-blocker medicines have developed symptoms that are like the symptoms of lupus. Tell your doctor if you have any of these symptoms:
 - a rash on your cheeks or other parts of the body
 - sensitivity to the sun
 - new joint or muscle pains

- becoming very tired
- chest pain or shortness of breath
- swelling of the feet, ankles, and/or legs

• **Psoriasis.** Some people using SIMPONI had new psoriasis or worsening of psoriasis that they already had. Tell your doctor if you develop red scaly patches or raised bumps that are filled with pus. Your doctor may decide to stop your treatment with SIMPONI.

• **Allergic Reactions.** Allergic reactions can happen in people who use TNF-blocker medicines. Call your doctor right away if you have any of these symptoms of an allergic reaction:

- hives
- swollen face
- breathing trouble
- chest pain

These are not all of the side effects with SIMPONI. Tell your doctor about any side effect that bothers you or does not go away. Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

How do I store SIMPONI?

- Refrigerate SIMPONI at 36°F to 46°F (2°C to 8°C).
- Do not freeze SIMPONI.
- Keep SIMPONI in the carton to protect it from light when not being used.
- Do not shake SIMPONI.

Keep SIMPONI and all medicines out of the reach of children.

General Information about SIMPONI

Medicines are sometimes prescribed for purposes other than those listed in the Medication Guide. Do not use SIMPONI for a condition for which it was not prescribed.

- Do not give SIMPONI to other people, even if they have the same condition that you have. It may harm them.
- This Medication Guide summarizes the most important information about SIMPONI. If you would like more information, talk to your doctor. You can ask your doctor or pharmacist for information about SIMPONI that is written for health professionals. For more information go to www.simponi.com or call 1-800-457-6399.

What are the ingredients in SIMPONI?

Active ingredient: golimumab.

Inactive ingredients: L-histidine, L-histidine monohydrochloride monohydrate, sorbitol, polysorbate 80, and water for injection. SIMPONI does not contain preservatives.

Manufactured by:

Centocor Ortho Biotech Inc.
Horsham, PA 19044
US License No. 1821

Revised: 11/2009
25GL09421

This Medication Guide has been approved by the U.S. Food and Drug Administration.



Pretty Healthy

“What’s the smartest, simplest way to eat right?”

Q There are so many food rules and nutrition trends out there. Is there a way to eat healthy without obsessing over everything I put in my mouth? And how can I get myself to stick with it? Whenever I try to eat all the “right” things, I ultimately just give up.

—Anne Ling, 45, Santa Monica, CA

A Don’t get distracted by the so-called rules. **The only “rule” you need to follow is to have a mostly healthy diet** and go easy on the not-so-healthy eats, such as processed foods and animal fats. I’ll get into that more in a moment, but in the meantime, please know that you’re not alone in wanting to give up. I feel that women in this country tend to cluster at one of two extremes: They try and then bail on eating healthy (and often gain weight), or they become hypervigilant about fat grams. Neither is good. You’d have to have lived under a rock for the past few decades to not know that the consequences of obesity and/or eating high-fat, highly processed foods include increased rates of heart disease, cancer, and diabetes. On the flip side, being too strict about your diet can take the joy out of eating. And bouncing back and forth from excess eating to drastic weight loss can be hard on your heart.

Treat yourself—a little

So, how do you get yourself to eat healthy and stick with it? **Stop aiming for perfection.** Years ago, I heard a nutritionist recommend an 80/20 eating plan—specifically, if 80 percent of what you eat is good for you (as in, lean meats and fish, fruits and veggies, whole grains, and low- or no-fat dairy foods), the other 20 percent can be whatever you want. The idea is to allow a small part of each meal

to be a food you crave—and to be honest with yourself about what you eat. (So don’t devour half an ice cream cake and justify it as your 20 percent for the day.)

By consuming healthy fare most of the time and allowing yourself regular treats, you can counter the “what-the-hell effect” (seriously, that’s an actual term). You know the drill: You have your usual fruit and yogurt for breakfast and a salad for lunch, and when you get back to your desk, you see that a coworker has surprised you with two of her homemade mini cupcakes. You resist, resist, resist, then nibble off a tiny piece of one, then succumb and eat the rest of it. Followed by the other. And then you think, *What the hell—as long as I’ve been bad once, I might as well enjoy myself for the rest of the day.* So you eat fried chicken for dinner. With french fries. And some ice cream before bed.

But if you take the 80/20 approach, you say, “That mini cupcake is my 20 percent for lunch, and maybe I’ll have the other after dinner”—and you stick with your healthful eating pattern. Letting yourself indulge, in moderation, is key. It’s far better to have a couple of cookies every day than to deprive yourself for four days, then cave and eat the whole box on the fifth.

Forget the trends

You should also avoid extremes when it comes to nutrition trends. For example, haven’t we all heard that blueberries are an amazing source of antioxidants? Well, carrots, purple grapes, spinach, sweet potatoes, tomatoes, strawberries, and other produce are fine sources too. Blueberries are not some magic elixir. **You want to eat a variety of brightly colored fruits and vegetables. And if you don’t like a certain one, don’t eat it.** The point is that there are lots of good-for-you foods. And the more of them you choose every day, the more freedom you have to dive into that cupcake. Suddenly, eating healthy doesn’t seem so hard, huh? **R**



Alice Domar, Ph.D., is the executive director of the Domar Center for Mind/Body Health, an expert for BeWell.com, and the author of six books, including her newest, coauthored with Susan Love, M.D., *Live a Little*. Send your questions to her at askali@redbookmag.com.



*Jenny Craig is
the program that
works for me!*

*And I lost 30 lbs in
12 weeks to prove it.**

Jenny Craig has been so easy for me to stick to, I'm going to lose even more! I know I can do it because Jenny offers me delicious food and the personalized support of my very own consultant. No other diet has EVER given me that. My consultant Michele listens to my challenges and offers me all the knowledge and support I need to succeed.

Between the awesome food and flexibility of the program, I never feel like I'm depriving myself! With Jenny, I'm finally succeeding.

*Come on.
It's time to call Jenny!*

JennyCraig®



Sara Rue
30 lbs
lighter*



**Clients following our program, on average, lose 1-2 lbs per week.*

Call now for your **FREE** consultation
1-866-656-0970

Making music
opened up
Abby's mind—
and her world.



What I Did For Me

I learned to play the cello

At the age of 36, **Abby Ellin** decided to sign up for cello lessons. Did she always like what she heard? Hardly. Did it fill her with pure joy anyway? Totally.

My cello teacher, Michelle, is giving me one of her pep talks. I am frustrated, and she knows it. The two of us have been working on this Bach étude for weeks now, and the sound emanating from my bow is like a lobster squealing in agony as it's plunged into boiling water. No one is going to confuse me with Yo-Yo Ma any time soon.

But Michelle is a pillar of encouragement. "You're doing great!" she says. "You don't give yourself any credit. This is a really hard piece."

She has a point, but I still think I should be able whip out an impressive rendition of Bach's cello suites after

only six months of playing. It is both humbling and horrifying to know that a 5-year-old with three weeks' worth of lessons under her belt is more capable than I am. But I have one advantage: Unlike children, who are usually forced into activities, I genuinely *want* to play this thing. I am looking for the joy—yes, joy—that comes from making music. The only person who wants me to play well (besides, perhaps, my neighbor) is *me*.

Indeed, learning this instrument was no one's idea but my own. My mother's a pianist, and when I was little, she helped me develop a love for classical music by lulling me to sleep with Chopin and Mozart. As a kid, I briefly took up the clarinet and piano. It was the cello, though, with its melancholic, mournful tone, that appealed to me. I always wanted to learn to play it, but as I grew up and became busy with, well, *life*, the cello took a back seat. Then I hit my mid-30s and found that I was, for lack of a better word, restless. I was craving some change, some growth. I decided, for instance, that I wanted to use my hands for something besides typing. I wanted a

new skill. I wanted to think in a new language.

I started looking for a cello teacher but was surprised to find that few people seemed willing to work with a beginning adult. Their thinking, I suppose, was that grown-ups are harder to teach because they don't pick up new skills as easily as kids do. Or maybe they knew that we can be a whole lot more brutal on ourselves than children are. Then one night I was out to dinner with friends, the kind of people who seem to know everyone and everything, and I asked if they could recommend any cello teachers. "Michelle's a cellist!" my friend Jennifer said, pointing to the woman sitting at the end of the table. "And she teaches!"

Michelle was game. I rented a cello the next day, and a week later she came to my apartment, armed with *Suzuki* for beginners. I was, frankly, anxious. Who was I kidding? I didn't even know the proper way to hold the thing! And what if I sucked?

"You sure you want to do this?" I asked her.

Apparently she did. She was used to teaching neurotic adults and calming the self-defeating, "I'm totally inept" voices she encountered in so many otherwise highly functioning grown-ups. I was a good student when she was there, but I confess it was a different story when I was alone. I didn't love to practice and

Why choose an allergy medicine that won't last as long as you do?

4-6
hrs.



12
Hour

Claritin® 12-hour



Introducing Claritin® 12-hour, the only 12-hour allergy medicine that relieves your worst symptoms without making you drowsy.*

Based on label directions.

Use as directed.

Benadryl® and Tylenol® are owned by the Johnson & Johnson group of companies.

*Found in the allergy aisle. ©2010 Schering-Plough HealthCare Products, Inc.



Live Claritin Clear®
Indoors and Out.

I decided that rather than be the best, it was more important to do my best—and make that okay.

often had to force myself to sit down and play when I would much rather clip my toenails. (Admittedly, there were some days my toenails got a lot more attention than they deserved.) I'm disciplined with work and exercise, but a hobby is different. The rewards here weren't tangible; neither my bottom line nor my bottom were about to improve as a result of my playing this instrument. I had to remind myself that I wasn't doing this to gain external validation, to please my parents or boss. This was purely something I wanted for *me*. And that's precisely how I found motivation when I felt like blowing off practice: by remembering that I was depriving only myself. It's a cliché, I know—but it really did the trick.

I managed to squeeze in practice about five days a week, doing all the exercises Michelle assigned. Did I get discouraged? Yes. Often. Repeatedly. The notes squeaked and my fingers ached and the bow flopped around like some sort of exotic fish. And let's be real: "Frère Jacques" and "Hot Cross Buns" got old about 36 years ago, yet here I was, playing them over and over. And over. It was tempting to jam my ears with plugs. I know what good music sounds like, and this wasn't it.

But I was proud of myself for sticking with it. This was a major shift from my attitude in my youth. As a kid I was a gymnast, and a pretty good one. I was also a perfectionist. So when it became clear that I'd never give Nadia Comaneci a run for her money, I tossed away my leotards and tights. I put down my clarinet once I realized the New York Philharmonic was never going to come calling. Ditto for tennis. And diving. And drawing. *Why bother with something*

if you're not a prodigy? the purist in me wondered. Of course, practice tends to make one better, but "better" was never acceptable to me. I didn't understand the point of doing something unless I was going to do it 100 percent—and, more important, be the best at it.

Over the years, I changed my tune. It slowly dawned on me that I really had no extracurricular activities because I was afraid of not being number one. I had lots of interests, but I didn't pursue any of them because I didn't want to fail. My life revolved around work and exercise and travel, all of which I did successfully. But those pursuits had become routine, boring, and uninspiring. I wasn't growing as a person. I wasn't being brave. I was effectively hiding out. And so I decided that rather than *be* the best, it was more important to *do* my best—and make that okay. I labeled myself a Recovering Perfectionist, a Type A-minus/B-plus.

This good-enough-really-is-good-enough attitude

proved helpful when it came to the cello. No matter how difficult it got, no matter how wretched I sounded, it never occurred to me to bail. Making music—or attempting to, anyway—gave me joy. It made me feel productive, and adventurous, and capable, and learned, and interesting, and interested, and excited. Before my musical foray, I frequently felt overwhelmed by the minutiae of everyday existence: work, bills, dating, more bills. Over the years I often thought of a line by the poet Lawrence Ferlinghetti: "I am waiting for a rebirth of wonder." Learning the cello provided it.

Since my little realization, I've wanted to try—and do—everything, to experience as much in life as possible. I have taken Italian lessons. And flamenco dancing. And ceramics. And cooking. And woodworking. (Yes, home ec and shop!) It's amazing how playing with power tools calmed me, how sanding a piece of

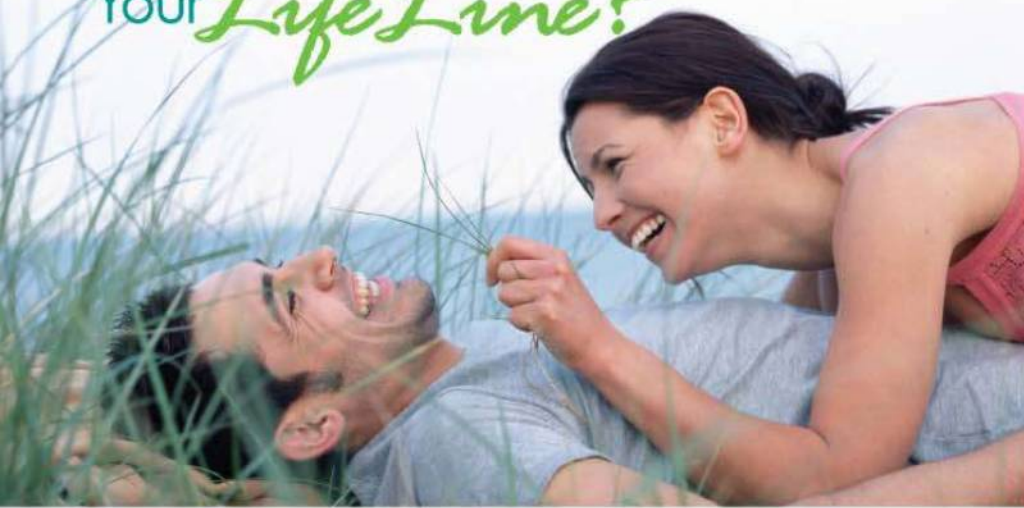


"I didn't even know the proper way to hold the thing!" says Abby of her early days with the cello.

wood made the stress of my day melt away. What's more, doing something totally new made me feel, well, *alive*, excited that I had ventured into uncharted territory. Sure, a 12-year-old could probably have made the same little table I made, but I'm proud of it. It sits in my living room, right next to my cello stand.

My pottery will never be displayed at a gallery. I will never be the chef de cuisine at a four-star restaurant. I will most likely never build a cherry pine bed with my bare hands. And I am certain—*certain*—that I will never dance flamenco in Spain or anywhere else. I'd be lying if I didn't confess to fantasizing every once in a while about rocking out with my cello at Carnegie Hall. But that's nothing I expect to happen anytime within the next, oh, two decades. In the meantime, I'll just keep working on that Bach étude. Screechy or not, it's music to my ears. **R**

Who's Your LifeLine?



If you are living with multiple sclerosis (MS), or caring for someone with MS, you know that it can take more than medicine to help manage the condition. Having a strong support network—from doctors and nurses to friends and family—can be an essential part of your well-being. Also important is that you actively use your network. If you don't make the effort to keep in touch, the people who care about you won't know how you're doing or how they might be able to help.

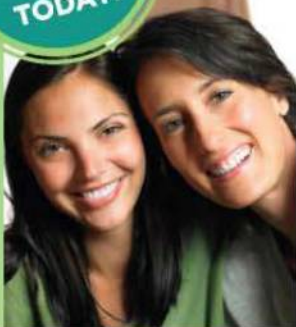
One couple dealing with MS says it helps them to talk about it. Jenn's husband Jacob*, an MS LifeLines® Ambassador, was diagnosed with relapsing MS in 2002. "We talk about Jacob's MS all the time. If we didn't talk about it, then one of us might stress out and it could cause tension," says Jenn. Although living with MS is not always easy, Jenn and Jacob work together as a team by keeping the lines of communication open. "We make a consistent effort to talk openly and honestly about Jacob's MS," adds Jenn. Being part of MS LifeLines also connects Jenn and Jacob to other people living with MS—expanding their support network. MS LifeLines is an educational support service for people living with MS and their families. MS LifeLines and its ambassadors are sponsored by EMD Serono, Inc. and Pfizer Inc.

Jenn and Jacob's story reminds us that living with a chronic condition requires a team effort. Do you know someone living with MS, or caring for someone with MS, whose positive attitude, determination and achievements inspire you? Do you think this person could inspire and motivate others?

**SUBMIT
YOUR
STORY
TODAY!**

Nominate Your LifeLine!

Tell us how your LifeLine has helped you manage MS and you may be featured in an upcoming issue of REDBOOK! The Who's Your LifeLine? recognition program honors individuals affected by MS who focus on maintaining a positive outlook and do not allow MS to stand in the way of attaining their goals and dreams. We encourage you to tell us about a person living with MS, or caring for someone living with MS, who you consider to be your LifeLine. Visit www.msllifelines.com/redbook to review the program guidelines and submit your LifeLine.



* The photos used here do not depict actual MS LifeLines Ambassadors.

Tips to Help Manage MS

People living with MS face many challenges, but you don't need to face them alone. Here are some ways to help overcome those challenges:

- ☐ **Get organized.** Create a calendar for your family that includes doctor appointments, medication schedules and other important information to remember, and post it in a prominent place. This can help your loved ones to understand what your days may involve and help keep you on track.
- ☐ **Ask for help.** Your loved ones want to help, but they're looking to you to tell them what they can do. Make it easier for them and ask for what you need.
- ☐ **Be clear about your needs.** The type of support you need will likely change and evolve. Be clear with your loved ones about what you need and when you need it. It will help avoid hurt feelings and miscommunication.
- ☐ **Expand your network.** Get support from other people living with MS through online resources, such as msllifelines.com/redbook. MS LifeLines offers access to tools, resources and information about local and online MS-related community events where you and your loved ones can talk with others living with MS.

MS LifeLines®

Services sponsored by:  

In these times of ours, you
magazines. That the overwhelming
swept them right out of
through their years, folks are
they were just a few years ago. Sure,
But there's also a lot of being
300 million paid subscriptions.



might think that don't read



of the online world has

But it's not true at all. From



reading magazines than



there's a being spent online.



spent on magazines, with nearly

MAGZINEs

The Power of Print®

**ALL THE TASTE OF A
WEEKEND BREAKFAST,
JUST A FRACTION OF THE TIME**



**REAL JIMMY DEAN SAUSAGE. REAL EGGS,
REAL CHEESE, REAL POTATOES, REAL FAST.**

Shine On™

Making It **Work**

Managing mom life, work & money

Why not let Dad take the lead?

Sure, your husband loves to roughhouse, play ball, or take a spontaneous field trip with the kids, but come bedtime or bath time, does he seem to vanish into thin air? He may not be slacking off—he may be taking his cue from *you*. A study from Bowling Green State University in Ohio found that moms tend to be protective over caregiving activities such as feeding, bathing, and putting baby to bed—a phenomenon the researchers call *maternal gatekeeping*. **Think about it: Are you fine sitting back and watching your husband and kids play on the carpet, but reluctant to let him take charge during diaper duty—or too quick to criticize when he does?** “How you react to your husband’s parenting is influential in how he thinks of himself as a dad,” says Vincent DiCaro, senior director of public affairs for the Fatherhood Initiative. “If he feels he’s being watched all the time or that he can’t do anything without a suggestion, he may feel like he’s just not good at those tasks.” And that means more work for you. The best way to open the gate? Step one: Ask for help. Step two: Loosen up! “Your husband’s way of doing things may be different from yours, but that doesn’t mean it’s incorrect or wrong,” DiCaro reminds. For tips on how to inspire your guy to be more hands-on, check out fatherhood.org.



Your hubby does hair? Yes! Dads can surprise you when you let them step up.

What Works

Get-ahead job and money moves.



Why your boss wants you to take your vacation

Your supervisor might be impressed by your willingness to plow through dinner to meet a deadline, but when the time comes, she'll be glad to see you take a break, too. **Here's why:** After a vacation, most people feel more focused and productive at work, not to mention less stressed and up to 25 percent happier, research shows. Yet one in three Americans forgoes an average of four vacation days a year! So don't be the office martyr—take a break already.

Saving is the new sexy

Some men prefer blondes and others brunettes, but almost all guys—96 percent, according to an Allianz study of 3,183 Americans—agree that “financially independent women” are sexy. Next thing you know, your man will be asking you to whisper your credit score as foreplay.



How to step up and get noticed on the job

You're really moving and shaking at work: It turns out that American women are more likely than men to regularly ask superiors for new challenges, says an Accenture survey of 3,600 professionals. And you're smart to do so: “An eagerness to take on work challenges shows drive and commitment,” says Nina DiSesa, author of *Seducing the Boys Club*. DiSesa, who managed 250 employees as chief creative officer of McCann Erickson, offers tips for requesting more responsibility:

■ Don't schedule a meeting.

“Bosses are busy, so save everyone's time by writing up a specific request in a brief, focused email, and then your boss can get back to you at his leisure,” DiSesa says. And be ready for on-the-spot

opportunities to ask for more responsibility: For example, when the team is discussing a new project in a meeting, if it seems appropriate, raise your hand and volunteer to jump on board.

■ See your boss's perspective.

“Supervisors know that workers ask for challenges to get a raise or a promotion,” DiSesa says. “But it's important to clarify to your boss how your request will make *her* life easier.”

■ Volunteer for unpopular assignments.

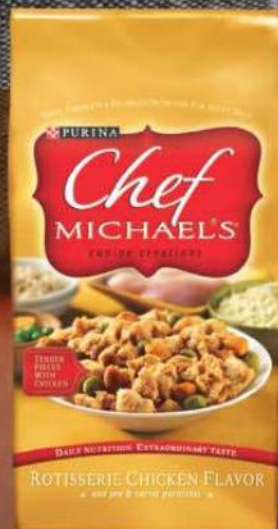
“I valued workers who asked to get involved on tasks no one else wanted to work on,” DiSesa says. “Bosses prize that loyalty, and then, when better projects arise, you'll be the one they turn to.”

IT'S TIME TO RETHINK
DRY DOG FOOD.



So thoughtfully prepared. So deliciously nutritious. With tender pieces made with real chicken—and crunchy bites garnished with vegetables. Chef Michael's canine creations. A perfect way to serve up your love at mealtime.

Chef inspired.
Dog desired.



Oscar Mayer

Looks like a case of
cold cut envy.



You'll long for our Deli Fresh meats. They're sliced, packed, and sealed at the peak of freshness for a taste worthy of your affection.

**it doesn't
get better
than this**



It's a woman's world

We've got more power than ever, says the author of an inspiring new book—and every woman can find her own way to make the most of it. **By Lindsey Palmer**

There's a major cultural shift under way in our country, says demographer Maddy Dychtwald, and it's destined to make our society stronger. It's the rise of the woman, a transition Dychtwald details in her new book, *Influence: How Women's Soaring Economic Power Will Transform Our World for the Better*. Whether you're reading this article at the office (on your lunch break, of course) or at the kitchen table, you're a woman with power, and you have the potential to make positive changes for yourself and others. Here, Dychtwald explains how far we've come and what's still ahead.

How are women becoming more influential?

It's hard to believe that our great-grandmothers couldn't vote and that their mothers couldn't own property or even open a bank account—and today we make up 51 percent of working professionals, we represent more than half of all stock-market investors, and nearly a quarter of wives outearn their husbands. More and more women are in positions of power, in the workplace and government, which is improving the lives of and giving more choices to every woman, whether she's a CEO or a stay-at-home mom.

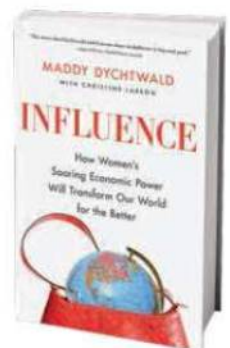
What changes with women in charge?

Women politicians tend to champion family and community issues, like affordable child care and paid leave and sick days, which are policies that

benefit the greater good. And women spend in different ways than men. The best research on this has been conducted in developing countries: A UN study found that 90 percent of women who earn income reinvest it in families and communities—by sending kids to school, or buying clean water and electricity for their communities—compared with only 30 percent to 70 percent of men.

Why does it matter to have women in top positions in the workplace?

First, those companies make more money, which of course profits all the workers! A 2007 Catalyst study found that companies with at least three women on the board of directors perform significantly better than those without women in high positions. It's not that women are better than men; it's that we bring



Dychtwald interviewed more than 100 business leaders, politicians, and women from all walks of life to pool their powerful perspectives and insights into an arresting read.

Making It **Work**

different life experience and problem-solving skills to the table, and diverse groups can take advantage of everyone's skill sets—men's and women's—to come up with better solutions. Research also shows that women are generally more collaborative at work, and as a result all employees experience improved communication and interaction.

How has women's increased influence affected work-life balance?

Companies used to rely on the model of man as breadwinner and woman as breadmaker, so it made sense if they asked employees to put in very long hours because one parent was home with the kids. But now that many families have two working parents, employers are beginning to understand and embrace the need for flexibility—whether that be flex time, flex place, or even flex career. One of the companies that has excelled at this is Deloitte: The accounting/consulting firm allows workers to create customized career tracks based on how intense they want their workload and schedule to be. And 90 percent of employees take advantage! But not everyone is lucky enough to work for a flexible employer; that's at least partly why so many women are dropping out of corporate life to start their own businesses—at *twice* the rate of men—so they can design schedules that fit their lives.

“Financial stability is key to emotional well-being and security, which allow you to turn outward to help others.”

How do families fit into this picture?

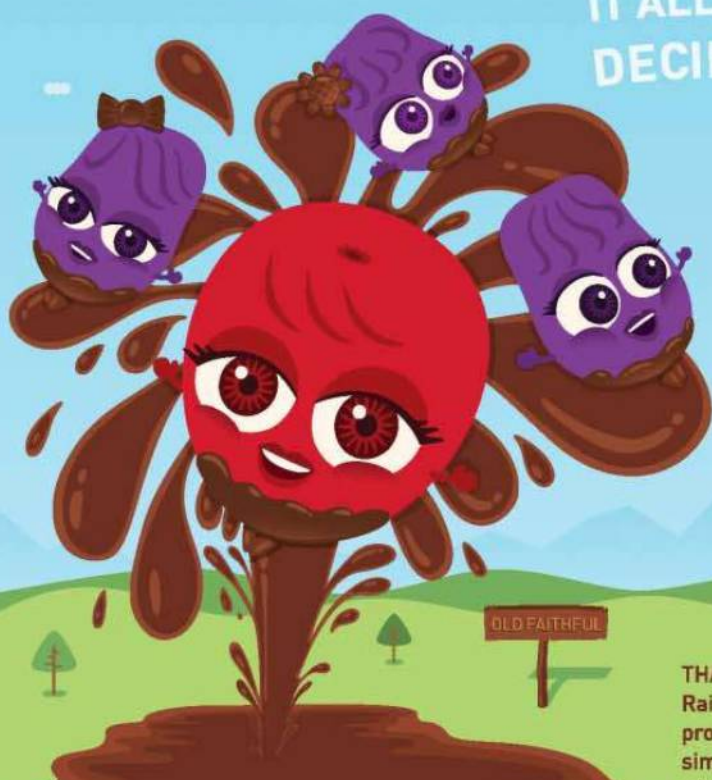
Whether both parents work or not, more work flexibility means that dads are getting more involved at home, which studies show leads to kids who are better-adjusted and have a stronger sense of self. And the cultural shift has affected marriages too, which may be why we've seen a recent dip in divorces: Marriage is moving from a “father knows best” mentality to more of a partnership.

Like corporations and our government, which are fast realizing the impracticality of ignoring the talents of half the population, married couples are working together to draw out each spouse's strengths and to see how a team approach benefits them both.

How can any woman harness this new influence to improve her life?

The best way is by achieving financial stability, because self-reliance is key to your emotional well-being and security. When you can rise above the rat race of making ends meet, you gain the time and space to figure out how you want to live your life, and also to turn your sights outward—to get involved in your community and help improve others' lives. You have the freedom to find out what issues matter to you. And whether you're spearheading a PTA fund-raiser or stealing 10 minutes between carpools to help out,

IT ALL STARTED WHEN A CRANBERRY
DECIDED TO BECOME A RAISINET.
FOLLOW THE DELICIOUS DRAMA AT YOUTUBE.COM/RAISINETS



THAT'S RIGHT: SHE'S A CRANBERRY RAISINET®. And just like Original Raisinets, Cranberry Raisinets® are covered in rich milk chocolate and provide a half-serving of fruit in every quarter cup. But is that where the similarities end? Find out by following the Raisinets Road Trip online, where you can also learn about the Raisinets Ultimate Road Trip Sweepstakes.

It's all happening at youtube.com/raisinets.

you'll discover ways to make a difference. And that, in turn, will make you feel good about your role in your community.

How has the Internet played a part in women's influence?

The rise of technology has been huge for women—and social media seems like it was designed just for us! We're used to meeting up in coffee klatches to swap advice and ideas with our friends, but now with mommy blogs and Facebook, it's like we have virtual megaphones: Whether we aim to share our opinion about local pediatricians or gather support for a political cause, we have an enormous forum. A great example of this is two regular moms who wanted to advocate for a more family-friendly nation: They started Moms Rising, and then they wielded the power of social networking—video clips that went viral, Facebook, Twitter, etc. Now their membership has grown to over one million, and they've become a powerful voice in the nation's political conversation.

How can we get men on board in this movement?

Men sometimes think if we're winning, they must be losing. So the key is to show them how a win for women is also a win for men, how we're aiming for a partnership society where the sexes are equal but not the same, and how when we pool our separate strengths, it creates the opportunity for a better society for all. **R**

Be a woman of influence

- **First, help yourself.** "Fostering your financial knowledge and expertise is a must," Dychtwald says. "Take a class or join an online financial community, like Citigroup's Women & Co., to learn about managing your money."
- **Learn the facts.** "Log on to familiesandwork.org or momsrising.org to educate yourself on family-friendly work policies," Dychtwald suggests. Whatever policies you care about, there are steps you can take to promote change.
- **Support women running for office.** "If you favor conservative politics, join the Susan B. Anthony List, and if you're a liberal, join Emily's List," Dychtwald says.
- **Mentor our future leaders.** Volunteer through Big Brothers Big Sisters, Girl Scouts of the USA, or Girls Inc. and be a role model for the next generation. "A bonus is that helping out will in turn empower you," Dychtwald says.
- **Buy products that pay women fair wages.** "You can feel good knowing you're helping women worldwide when you shop at serrv.org, kiva.org, and tenthousandvillages.com," Dychtwald says. "Find more sites on worldofgood.com's Fair Wage Guide."
- **Spread the word.** "Blog, post to Facebook, Tweet, and tell your friends about initiatives and efforts that help women," Dychtwald says. "Your opinions matter, so don't be shy about voicing your thoughts."

SHARPIE INSPIRATION STRIKES. TWICE.

The one and only Sharpie **TWIN TIP** Marker.
Two tips. One marker. Ideas that kill.

Sharpie®
Uncap what's inside.
sharpieuncapped.com

W02167 ©2010 Newell Rubbermaid Office Products



Mind Over Money

Are your friends making you overspend?

How to avoid shelling out cash just to be part of the group. By Beth Kobliner



So how can you fight the pressure to spend more than you can afford? Start with these steps:

■ **Avoid costly situations.** If you're worried that dinner out with a particular friend or a birthday celebration at a restaurant could be a drain on your budget, just say no. Simply send your regrets and then invite the birthday girl over on another night to celebrate at your place, for dinner or tea and cookies. Or get creatively frugal when it comes to celebrations: Three 30-something women I know recently got together for a slumber party, complete with movies and popcorn.

■ **Set clear family money rules.** There are many things you won't buy because you can't afford them, like a new car or a beach vacation. And that's nothing to be embarrassed about; in fact, it's good for your children to understand the importance of living within your means. It's also okay to say no to your kids' wants if they aren't in lockstep with your family's values—even if your kids complain that “everyone else has it.” Just be honest about your reasons and tell them they'll get to make these decisions when they have their own kids.

■ **Find an FBF.** If you have a friend who is great at saving, recruit her to be your Financial Best Friend. The next time you need to make a purchase, ask her to help you stick to your budget. (It's like having a workout buddy who pushes you to do those extra crunches.) You don't have to ditch your spendthrift friends; just don't shop with them. Also, look for a few FBFFs—Financial Best Friend Families—who share your values.

■ **Focus on the plenty in your life.** These days especially, you don't have to look far to find someone who is struggling. So remember those in need and give what you can. In this area it's great to try to keep up with or even outdo the Joneses! (Find ways to donate money at charitynavigator.org and ways to donate time at serve.gov.) **R**

We all know what it's like to want what our friends have. We spend more than we want to or should—whether it's for a pair of peer-pressure-induced pumps for work or a flat-screen TV for the family. This keeping-up-with-Jane's spending style is not necessarily something we do consciously, but it's almost always very costly.

So why do we work so hard to keep up? It's actually in our nature. The pack, the herd, whatever you call it—we humans want to fit in. Research by Harvard University professor Nicholas Christakis has shown that friends affect everything from how much we smoke to how much we weigh. Likewise, when it comes to money, research shows that if we surround ourselves with big spenders, we're likely to spend more ourselves.

Everyone has a story. There's the couple who felt pressure to take pricey vacations with family even though they preferred to stay home. Or the multitudes of women who've felt obligated to take on the expensive role of being a bridesmaid in a friend's wedding even though they couldn't afford to buy a fancy dress or fund a bridal shower.



Beth Kobliner is the author of the *New York Times* best seller *Get a Financial Life*. She can be heard each week on the nationally syndicated public-radio show “The Takeaway.” Visit her at bethkobliner.com.



Depression can make you feel like you have to wind yourself up to get through the day.

PRISTIQ. Proven to treat depression.

Depression is a serious medical condition that can take so much out of you. You may experience frequent sadness, a loss of interest, lack of energy, and trouble concentrating.

PRISTIQ is thought to work by affecting the levels of two chemicals in the brain, serotonin and norepinephrine.

PRISTIQ may be a key in helping to treat your depression. So ask your doctor about PRISTIQ.



Visit Pristiq.com or call 1-800-PRISTIQ

If you do not have prescription drug insurance and need help paying for PRISTIQ, Wyeth may be able to help. Visit us at www.wyeth.com or call us at 1-800-568-9938 for more information.

Important Safety Information

PRISTIQ® (desvenlafaxine) is a prescription medication approved for the treatment of major depressive disorder in adults.

Suicidality and Antidepressant Drugs

Antidepressants increased the risk compared to placebo of suicidal thinking and behavior (suicidality) in children, teens, and young adults. Depression and certain other psychiatric disorders are themselves associated with increases in the risk of suicide. Patients of all ages who are started on antidepressant therapy should be monitored appropriately and observed closely for clinical worsening, suicidality, or unusual changes in behavior. PRISTIQ is not approved for use in children under 18.

- People taking MAOIs should not take PRISTIQ.
- All patients taking antidepressants should be observed closely for signs that their condition is getting worse or that they are becoming suicidal. This is very important when an antidepressant is started or when the dose is changed. Patients should be watched for becoming agitated, irritable, hostile, aggressive, impulsive, or restless. These symptoms should be reported to the patient's healthcare professional right away.
- Tell your healthcare professional about all prescription and over-the-counter medications you are taking or plan to take, including:
 - Medicines to treat migraines or mood disorders, to avoid a potentially life-threatening condition
 - Aspirin, NSAID pain relievers, or blood thinners because they may increase the risk of bleeding
- PRISTIQ may cause or make some conditions worse, so tell your healthcare professional about all your medical conditions, including if you:
 - Have high blood pressure. Your blood pressure should be controlled before you start taking PRISTIQ and monitored regularly
 - Have heart problems, high cholesterol or triglyceride levels, or a history of stroke
 - Have glaucoma or increased eye pressure
 - Have kidney or liver problems
 - Have or had mania, bipolar disorder, seizures, or convulsions
 - Have low sodium levels in your blood
 - Are nursing, pregnant, or plan to become pregnant
- Discontinuation symptoms may occur when stopping PRISTIQ, especially when therapy is stopped suddenly. Talk to your healthcare professional before you stop taking or reduce the dose of PRISTIQ.
- Until you see how PRISTIQ affects you, be careful driving a car or operating machinery. Avoid drinking alcohol while taking PRISTIQ.
- Side effects when taking PRISTIQ 50 mg may include nausea, dizziness, sweating, constipation, and decreased appetite.

Please see Brief Summary of Prescribing Information on next page.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Wyeth®

© 2009, Wyeth Pharmaceuticals Inc., Philadelphia, PA 19101

IMPORTANT FACTS ABOUT



(pristiq®)
Pristiq® -
(desvenlafaxine)
Extended-Release
Tablets

Read the Medication Guide that comes with you or your family member's antidepressant medicine. Talk to your, or your family member's, healthcare provider about:

- all risks and benefits of treatment with antidepressant medicines
- all treatment choices for depression or other serious mental illness

What is the most important information I should know about antidepressant medicines, depression and other serious mental illnesses, and suicidal thoughts or actions?

1. Antidepressant medicines may increase suicidal thoughts or actions in some children, teenagers, and young adults within the first few months of treatment.
2. Depression and other serious mental illnesses are the most important causes of suicidal thoughts and actions. Some people may have a particularly high risk of having suicidal thoughts or actions. These include people who have (or have a family history of) bipolar illness (also called manic-depressive illness) or suicidal thoughts or actions.
3. How can I watch for and try to prevent suicidal thoughts and actions in myself or a family member?

• Pay close attention to any changes, especially sudden changes, in mood, behaviors, thoughts, or feelings. This is very important when an antidepressant medicine is started or when the dose is changed.

• Call the healthcare provider right away to report new or sudden changes in mood, behavior, thoughts, or feelings.

• Keep all follow-up visits with the healthcare provider as scheduled. Call the healthcare provider between visits as needed, especially if you have concerns about symptoms.

Call a healthcare provider right away if you or your family member has any of the following symptoms, especially if they are new, worse, or worry you:

- thoughts about suicide or dying
- attempts to commit suicide
- new or worse depression
- new or worse anxiety
- feeling very agitated or restless
- panic attacks
- trouble sleeping (insomnia)
- new or worse irritability
- acting aggressive, being angry or violent
- acting on dangerous impulses
- an extreme increase in activity and talking (mania)
- other unusual changes in behavior or mood

What else do I need to know about antidepressant medicines?

• **Never stop an antidepressant medicine without first talking to a healthcare provider.** Stopping an antidepressant medicine suddenly can cause other symptoms.

• **Antidepressants are medicines used to treat depression and other illnesses.** It is important to discuss all the risks of treating depression and also the risks of not treating it. Patients and their families or other caregivers should discuss all treatment choices with the healthcare provider, not just the use of antidepressants.

• **Antidepressant medicines have other side effects.** Talk to the healthcare provider about the side effects of the medicine prescribed for you or your family member.

• **Antidepressant medicines can interact with other medicines.** Know all of the medicines that you or your family member takes. Keep a list of all medicines to show the healthcare provider. Do not start new medicines without first checking with your healthcare provider.

• **Not all antidepressant medicines prescribed for children are FDA approved for use in children.** Talk to your child's healthcare provider for more information.

This Medication Guide has been approved by the U.S. Food and Drug Administration for all antidepressants.

Important information about Pristiq

Read the patient information that comes with Pristiq before you take Pristiq and each time you refill your prescription. There may be new information. If you have questions, ask your healthcare provider. This information does not take the place of talking with your healthcare provider about your medical condition or treatment.

What is Pristiq?

- Pristiq is a prescription medicine used to treat depression. Pristiq belongs to a class of medicines known as SNRIs (or serotonin-norepinephrine reuptake inhibitors).
- Pristiq is not approved for use in children and adolescents.

Who should not take Pristiq?

Do not take Pristiq if you:

- are allergic to desvenlafaxine, venlafaxine or any of the ingredients in Pristiq.
- currently take, or have taken within the last 14 days, any medicine known as an MAOI. Taking an MAOI with certain other medicines, including Pristiq, can cause serious or even life-threatening side effects. Also, you must wait at least 7 days after you stop taking Pristiq before you take any MAOI.

What should I tell my healthcare provider before taking Pristiq?

Tell your healthcare provider about all your medical conditions, including if you:

- have high blood pressure
- have heart problems
- have high cholesterol or high triglycerides
- have a history of stroke
- have glaucoma
- have kidney problems
- have liver problems
- have or had bleeding problems
- have or had seizures or convulsions
- have mania or bipolar disorder
- have low sodium levels in your blood
- are pregnant or plan to become pregnant. It is not known if Pristiq will harm your unborn baby.
- are breastfeeding. Pristiq can pass into your breast milk and may harm your baby. Talk with your healthcare provider about the best way to feed your baby if you take Pristiq.

• **Serotonin syndrome or neuroleptic malignant syndrome (NMS)-like reactions**
Rare, but potentially life-threatening, conditions called serotonin syndrome or Neuroleptic Malignant Syndrome (NMS)-like reactions can happen when medicines such as Pristiq are taken with certain other medicines. Serotonin syndrome or NMS-like reactions can cause serious changes in how your brain, muscles and digestive system work. **Especially tell your healthcare provider if you take the following:**

- medicines to treat migraine headaches known as triptans
- St. John's Wort
- MAOIs (including linezolid, an antibiotic)
- tryptophan supplements
- sibutramine
- tramadol
- medicines used to treat mood disorders, including tricyclics, lithium, selective serotonin reuptake inhibitors (SSRIs), or serotonin norepinephrine reuptake inhibitors (SNRIs)

Ask your healthcare provider if you are not sure whether you are taking any of these medicines.

Before you take Pristiq with any of these medicines, talk to your healthcare provider about serotonin syndrome. See "What are the possible side effects of Pristiq?"

Pristiq contains the medicine desvenlafaxine. Do not take Pristiq with other medicines containing venlafaxine or desvenlafaxine.

What should I avoid while taking Pristiq?

- Do not drive a car or operate machinery until you know how Pristiq affects you.
- Avoid drinking alcohol while taking Pristiq.

What are the possible side effects of Pristiq?

Pristiq can cause serious side effects, including:

• See the beginning of this page.

• **Serotonin syndrome or neuroleptic malignant syndrome (NMS)-like reactions.** See "What should I tell my healthcare provider before taking Pristiq?"

Get medical help right away if you think that you have these syndromes. Signs and symptoms of these syndromes may include one or more of the following:

- restlessness
- hallucinations (seeing and hearing things that are not real)
- coma
- nausea
- vomiting
- confusion
- increase in blood pressure
- diarrhea
- loss of coordination
- fast heart beat
- increased body temperature
- muscle stiffness

Pristiq may also cause other serious side effects including:

• **New or worsened high blood pressure (hypertension).** Your healthcare provider should monitor your blood pressure before and while you are taking Pristiq. If you have high blood pressure, it should be controlled before you start taking Pristiq.

• **Abnormal bleeding or bruising.** Pristiq and other SNRIs/SSRIs may cause you to have an increased chance of bleeding. Taking aspirin, NSAIDs (non-steroidal anti-inflammatory drugs), or blood thinners may add to this risk. Tell your healthcare provider right away about any unusual bleeding or bruising.

• **Glaucoma (increased eye pressure)**

• **Increased cholesterol and triglyceride levels in your blood**

• **Symptoms when stopping Pristiq (discontinuation symptoms).** Side effects may occur when stopping Pristiq (discontinuation symptoms), especially when therapy is stopped suddenly. Your healthcare provider may want to decrease your dose slowly to help avoid side effects.

Some of these side effects may include:

- dizziness
- irritability
- abnormal dreams
- diarrhea
- nausea
- sleeping problems (insomnia)
- tiredness
- headache
- anxiety
- sweating

Seizures (convulsions)

• **Low sodium levels in your blood.** Symptoms of this may include headache, difficulty concentrating, memory changes, confusion, weakness, and unsteadiness on your feet. In severe or more sudden cases, symptoms can include hallucinations (seeing or hearing things that are not real), fainting, seizures and coma. If not treated, severe low sodium levels could be fatal. Contact your healthcare provider if you think you have any of these side effects.

Common side effects with Pristiq include:

- nausea
- insomnia
- diarrhea
- decreased sex drive
- headache
- constipation
- vomiting
- delayed orgasm and ejaculation
- dry mouth
- loss of appetite
- anxiety
- sweating
- sleepiness
- tremor
- dizziness
- tiredness
- dilated pupils

These are not all the possible side effects of Pristiq. Tell your healthcare provider about any side effect that bothers you or does not go away. Call your doctor for medical advice about side effects. For more information on these and other side effects associated with Pristiq, talk to your healthcare provider, visit our web site at www.pristiq.com or call our toll-free number 1-888-Pristiq.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Contact Information

Please visit our web site at www.pristiq.com, or call our toll-free number 1-888-Pristiq to receive more information. This product's label may have been updated. For current package insert and further product information, please visit www.wyeth.com or call our medical communications department toll-free at 1-800-934-5556.

Wyeth®

Wyeth Pharmaceuticals Inc.
Philadelphia, PA 19101

Based on W10530P003
247610-01

©2010 P&G



**Get a bath-like clean
with our new thick wipes.**

New Pampers Thick Care Wipes are thick, strong, and washcloth-like.
In fact, we're over 50% stronger than Huggies Natural Care.
So you can help give your baby a thorough clean.

Huggies® is a registered trademark of Kimberly-Clark Worldwide, Inc.





"At first, my business threw my own life completely out of balance," says M.F., pictured here with daughters Kaia, 5, and Siria, 2.

Work in Progress

"I created the child-care solution I needed"

M.F. Chapman's flexible work schedule was a little too flexible: She couldn't find child care for her unpredictable hours. So she came up with a clever way to help other parents like her. By Marisa Cohen

When M.F. Chapman gave birth to her first daughter five years ago, she had the kind of career many moms dream about: As an educational consultant, she'd work either at a client's office or from home and could pick and choose her projects, giving her lots of time to bond with her baby. Sounds blissful, right? M.F. thought so—until she tried to find child care that fit her ever-changing schedule.

"Some weeks I'd need child care for 40 hours, some weeks I'd need 10 hours, and some weeks I wouldn't need any at all," says the mom of two, who lives in the San Francisco Bay area. She couldn't hire a nanny for such random time slots, and her search for a day-care facility with flexible hours turned up empty. "I called in my mom to help a lot, and I did plenty of work in the middle of the night when the baby was asleep," M.F. says. After a few months of working until the wee hours, she knew something in her life had to change.

That's when she had a thought that indeed changed everything. "I realized, I can't be the only person with this problem!" M.F. says. She knew that lots of parents in Silicon Valley worked from home and needed help with child care. She also knew there were plenty of stay-at-home moms who would welcome a place where they could drop off their kids for an hour or two while they ran errands or polished up their résumés in preparation for their return to the working world. She dreamed of a combination day-care facility and work space that would allow parents to leave their kids in loving hands whenever they wanted to—and she decided to create it herself. Using skills she'd sharpened working at places as diverse as Stanford University and an interior design firm, M.F. came up with a business plan. Then she and her husband used their savings to invest in her vision.

In January 2008, five months after her second daughter was born, M.F. opened Cubes & Crayons, in Mountain View, CA, where children from 6 weeks to 5 years old play in a bright, open space, with lavender walls, piles of board books, climbing toys, and a staff of caretakers. In the next room, their parents tap away at laptops in a quiet, professional work space with office perks like free Wi-Fi, copy machines, and coffee. Members pay anywhere from \$15 an hour for drop-in child care to \$749 for 60 hours of child care and office space. "We also do \$10-per-hour Fridays," M.F. says.

And just like that, M.F. solved her child-care dilemma, right? Not exactly. "Instead of getting all my work done in the morning, as I'd planned, and

Simple math for tasty tea.



We've done the math: no preservatives or high fructose corn Syrup means Swiss Premium Tea is a refreshing value. And with a naturally great taste, it's simply delicious.



Refreshingly Simple.

www.swiss-tea.com

Making It **Work**

spending afternoons and evenings with my kids, I'd get side-tracked dealing with things like the pipes bursting or the Internet going down," M.F. says. "Then I'd go home and work on everything else, like updating the website and researching new locations." Once again, she was staying up all night—precisely what she'd hoped to avoid by creating Cubes & Crayons.

But within six months, M.F. finally figured out how to achieve what she calls the "balance and flow" of happily managing both her family and her business, which is now in its third successful year and has 170 members. Here's how she does it.

1 She taps in to the mom community.

Soon after her business opened, M.F. noticed that her clients weren't just coming in to work—they were making friends, sharing business tips, and throwing one another baby showers. She realized that this camaraderie was crucial for the parents, who'd often felt isolated working at home. Cultivating that community support gave her a sense of purpose, and now she fosters those friendships, organizing a moms' walking club and ordering in group lunches for her clients. "Sometimes it's the simple things, like sharing stories about what we do, that are most important," she says. Her community-building efforts yield true gratitude. "When moms tell me, 'Thank you, I'm so glad someone opened a place like this!' it makes the hard work worth it."



M.F.'s clients get much more than a quiet place to work.

Q: So what exactly do I feed a super hero?



2 She learned to narrow her focus.

In her pre-mommy life, M.F. eagerly took on everything from work projects to charity events to marathons. But once she started Cubes & Crayons, she found that she couldn't possibly do it all. "I actually agreed to run a benefit at the same time I was opening the business," she says in a *what was I thinking?* tone of voice. She also got caught up in the advice of some well-meaning friends who encouraged her to take advantage of the burst of attention Cubes & Crayons was getting and immediately open more locations. "I realized I had to stop listening to everyone," M.F. says. "Saying no to people is very freeing. Your family is much happier, and the things you do say yes to get a lot more of your energy and attention."

3 She keeps family time sacred.

When M.F.'s daughters—Kaia, 5, and Siria, 2—are at preschool or hanging out at Cubes & Crayons, she has a laser-like focus on her work. "But after 3 o'clock, no one can get hold of me," she explains. "That's my time with my children, so I turn off my iPhone and don't check my email." She and her daughters spend those hours playing in the yard, making pizza—anything that doesn't have to do with work. "When I let myself step away," M.F. says, "I wind up getting much better ideas for both my work and my family."

4 She builds downtime into her to-do list...

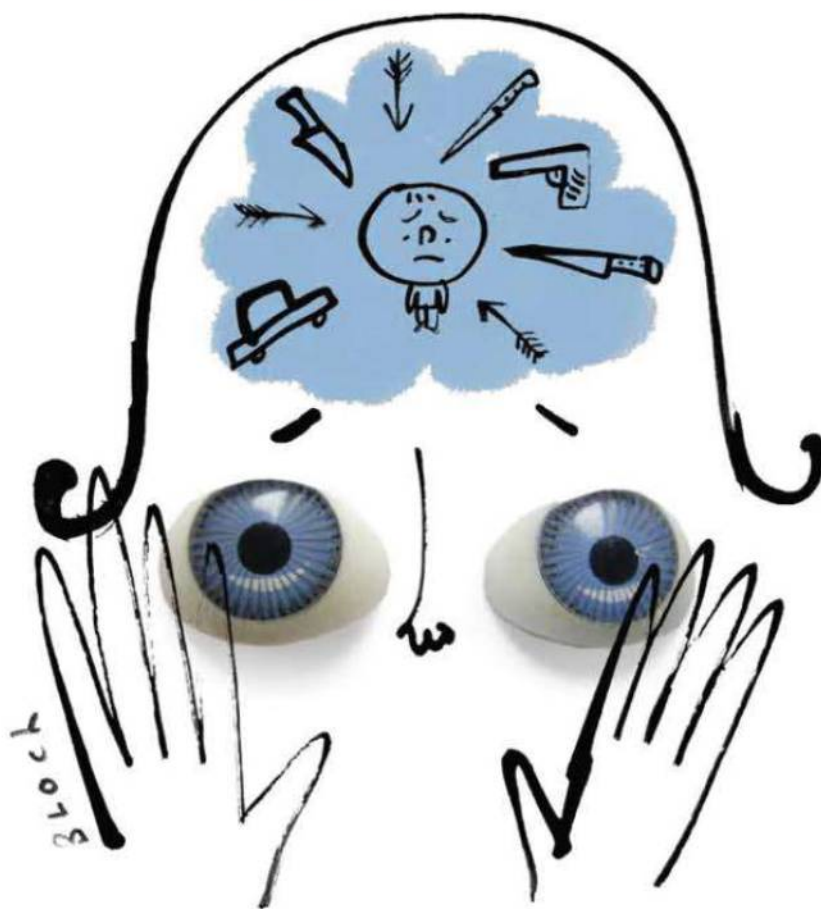
"I divide my lists into four quadrants," M.F. explains. "There's Cubes & Crayons, my kids and family, the volunteer work I do mentoring schoolchildren and chairing fund-raisers for the Junior League, and me time. I make sure that all four are covered because when it all falls to one side, I get grouchy." Included in the me-time section are rejuvenating activities like yoga and meeting her girlfriends for a monthly moms' night out. M.F.'s list has worked so well for her that she and her husband just launched another small business: a website, called kulido.com, to help other people organize their time.

5 ...and sometimes she throws her list away.

One of the hardest lessons she's learned? "It's okay if I don't get everything on my to-do list done at the end of the week!" M.F. says that like most moms, she tends to give herself a tough time if she's not constantly running around and taking care of someone else, but she realizes that sometimes you have to put aside your to-do list and try something unexpected—like go for a facial, or make "weed soup" with the girls in the backyard. "The last two years have been an amazing adventure," M.F. says. And with plans to expand Cubes & Crayons to other cities, M.F.'s business is about to take her in a whole new direction. But this time, she won't let it take over her life. **R**



The simple answer is **HORMEL®**. Give them the great taste they want and the protein power they need from breakfast to bedtime. For more ideas, visit hormel.com.



I worry, therefore I am

A life without worry is... oh, how the heck would I know? By Alice Bradley



Alice Bradley also shares her adventures in parenting at finslippy.com, momversation.com, and lets-panic.com. She lives in Brooklyn with her husband, son, dog, and cat.

Eight years ago, when I found out that I was pregnant with my son, Henry, I was thrilled. For approximately five minutes. And then I began to worry.

Which I suppose isn't all that surprising. I've been a chronic worrier ever since childhood. Early in life, I reached the conclusion that bad things always seem to happen when you least expect them, so the smart thing to do is simply expect them, and that keeps them away. In the many stories I had read about people who suffered catastrophes, no one ever *expected* them. Why didn't anyone write books about the people who anticipated all manner of disasters? Because those people led completely disaster-free lives, obviously. That's just good logic!

A friend of mine posited that perhaps worrying represents the last vestiges of my Catholic upbringing—my own weird, secular version of prayer. Instead of praying, fretting. Instead of counting rosary beads, hand-wringing. Whatever it stems from, the worry habit has stuck by me for years, despite therapy, medication, and countless adventures in alternative medicine. When I was in grade school, I worried about natural disasters (how likely was it that a tornado would hit New York?). In high school, I worried about getting into college (would that one-day suspension ruin my chances?). In college, I worried about getting a job (who would want me after I failed that oceanography seminar?). At my first job, I worried about getting fired. When I got married, I worried about being able to get pregnant. And then I got pregnant, and worried that I would miscarry.

The stakes being much higher, my worry became that much more extreme. As my first trimester lurched forward, I could barely sleep. I stared at the ceiling all night long and trembled. My eyes teared up over every abdominal twinge. If I had a nausea-free hour, I was sure that it meant my pregnancy had ended. And, oh, dear readers, I Googled. (First rule of pregnancy: Thou shalt not Google.) I Googled terrible things. All of which I was sure would come to pass.

But if I thought the stakes were high during pregnancy, there is nothing like having an infant to consume one with worry. My normally anxious brain went into overdrive, and eventually I went on antianxiety medication. It was either that or embark on a vision quest, and everyone knows newborns hate vision quests.

Even with the help of medication, however, I do tend toward the fretful. I'm not at all proud of this fact. Worry is a total waste of time and energy. It doesn't take a deep thinker to know that nothing was ever gained from the act of worrying. Worrying is paying interest on your troubles, or it's crossing a rickety bridge before you come to it, or it's feeling sick about cake that you might eat in the future. (I believe I just made up a new analogy. Worrying is future cake! Except that makes it sound delicious. Never mind.)

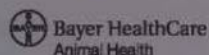
It doesn't matter much what's *actually* happening in my life, either. If everything is going well, I worry about death. Death is the perfect focus for worry. No one can tell you it's not going to happen. And no one can tell you when it *will* happen. It could happen right now. Or *now!* ►



You can't give your dog too much protection.

K9 Advantix® protects against ticks, fleas and lice. It protects against biting flies, TOO. And mosquitoes, TOO. Ask your veterinarian for K9 Advantix® today.

k9advantix.com



K9 Advantix® is for use on dogs only.
©2010 Bayer HealthCare LLC, Animal Health Division, Shawnee Mission, Kansas 66201
Bayer, the Bayer Cross and K9 Advantix are registered trademarks of Bayer.

K10209

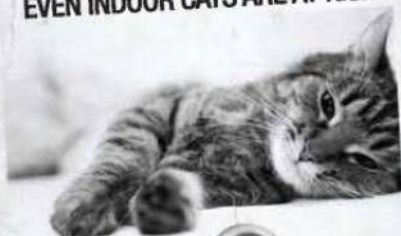


Topical prevention and treatment
ticks, fleas, mosquitoes, biting flies and lice
for monthly use on dogs and puppies
7 weeks of age and older
weighing 21-55 lbs



LOST

LESS THAN 5% OF LOST
CATS MAKE IT HOME.
EVEN INDOOR CATS ARE AT RISK.



A FREE* PET ID TAG CAN MAKE THE DIFFERENCE BETWEEN LOST & FOUND

*via mail when you buy any 2
ARM & HAMMER® Cat Litters

[Go to pettagoffer.com](http://GoTopettagoffer.com) for details

Millions of cats end up in shelters each year.
A visible ID tag is your pet's chance at
being found and returned safely...

so when you Tag your Cat, you Save a Life!

In partnership with
North Shore Animal League America®.

 north shore
animal league
america®
www.AnimalLeague.org



These days, though, I don't have to worry about death; instead, my default worry is my son. There's no rational cause for concern here. Henry is a great 7-year-old. We are, by all objective standards, incredibly lucky. But still my brain goes around and around, like a hamster with a furrowed brow on his Wheel of Doom:

What am I not doing right? How am I failing as a mother? Didn't I forget to do... I don't know... something?

"Oh, just you wait until he's a teenager," my sister, Liz, cautioned me. Liz has two grown sons. Liz is a positively tranquil soul compared to me, but being a mom will, it seems, knock the calm right out of anyone. "Wait until Henry is driving, or until he has friends who drive. That'll take years off your life."

"Oh, Henry won't be allowed to hang out with people who drive," I explained to her. "Or with any people. We're going to buy him a pet rock. A soft one."

I'm pretty sure my sister thought I was kidding.

A month or so ago, I found myself agonizing over Henry's sudden dislike of school. One day he came home, tossed his backpack to the floor, and announced that first grade was boring. Oh, and also, there was absolutely no way he was going to college. *More* school? No, thank you. Henry repeated similar sentiments over the following weeks. No more school for him. Feh.

I was in turmoil. What had happened to my little boy who cheerfully skipped all the way to school on his first day, who couldn't wait to dive into his homework assignments? Had school

somehow squashed Henry's innate love of learning? I whimpered all of this to my husband, Scott.

"First of all," Scott sighed, "he didn't skip to school on his first day. Second, you do realize that kids just... say things, right? That they don't always know what they're talking about?"

"I don't know," I said. "He seemed to really mean it."

"So why don't we talk to Henry's teacher?" Scott asked.

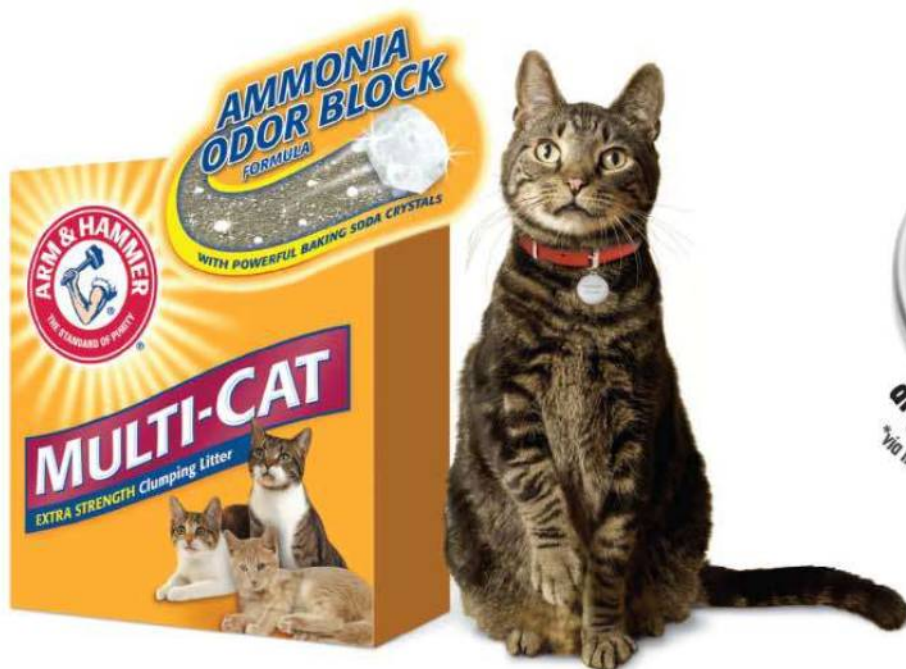
Well. That particular strategy had never occurred to me. Worry, I have found, tends to turn me just a little bit dim. *Talk to the teacher? When I could simply chew on my knuckles and picture my son the school-hater sitting in jail because his intellectual potential was never realized?*

A few days later, we did indeed meet with Henry's teacher, and she offered to give our son some extra challenges. Naturally,

I worried that such a simple solution wouldn't be enough. *He probably needs an entirely new school, or a special tutor, or college! His genius is too far advanced for first grade!* Despite my misgivings, however, her plan is working out fine. Henry hasn't complained once about school since.

Now that I don't have to worry about Henry's academic progress, I find myself with quite a bit of extra time on my hands. Which might be why today I Googled "earthquake New York area chances of certain doom." I would tell you what I found out, but I don't want to worry you. Now if you'll excuse me, I'm off to buy some jugs of distilled water and a few hundred rolls of gauze. **R**

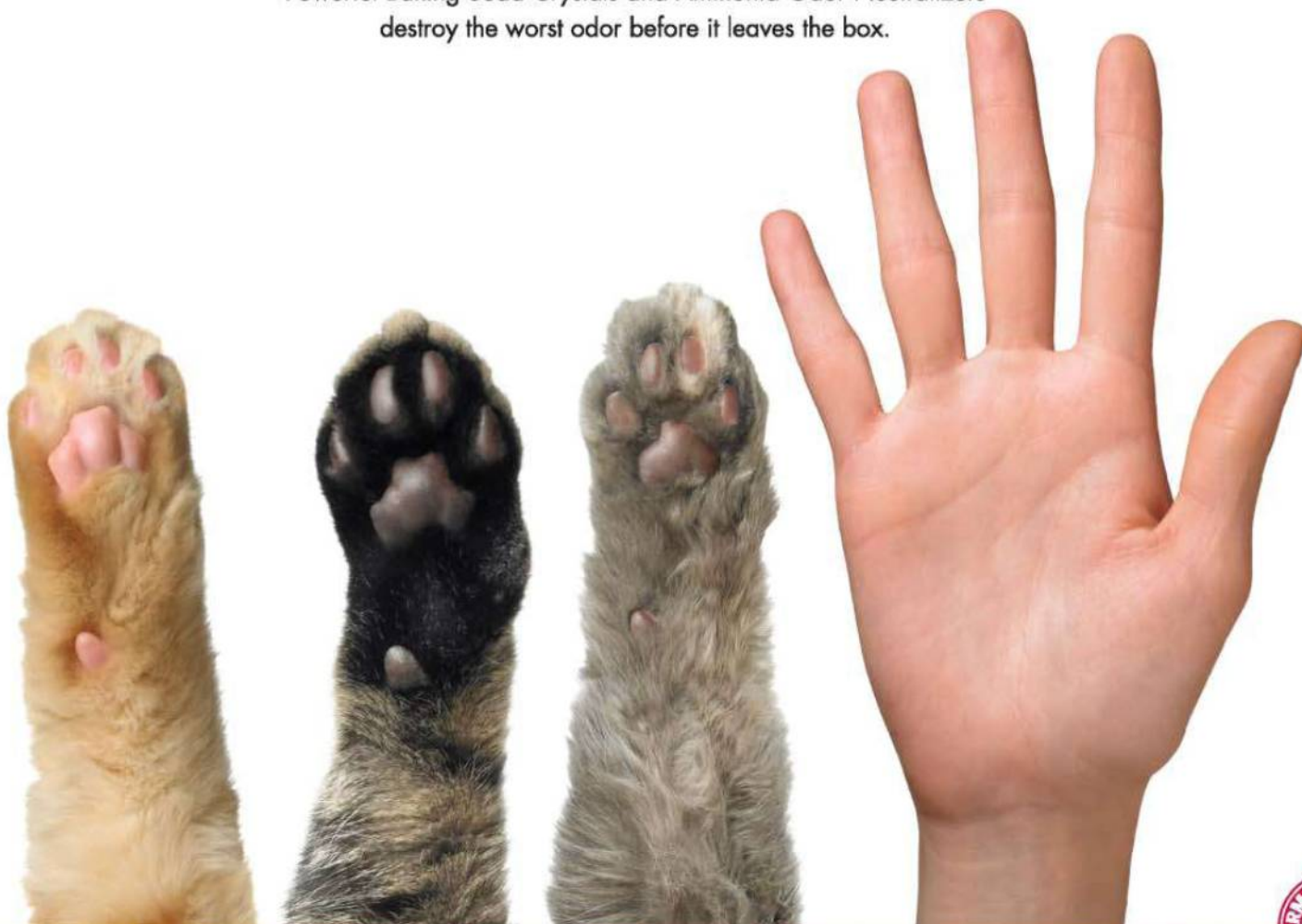
My brain goes around and around, like a hamster with a furrowed brow on his Wheel of Doom. What am I not doing right? How am I failing as a mother?



GUESS WHO PREFERS THE LITTER THAT DESTROYS THE WORST ODORS.

Try ARM & HAMMER® Clumping Litter, the only one with Ammonia Odor Block.

Powerful Baking Soda Crystals and Ammonia Odor Neutralizers
destroy the worst odor before it leaves the box.



THE SECRET TO AN ODOR-FREE HOME STARTS WITH ARM & HAMMER®



Mom Life

It's not your mother's motherhood.



EARTH MOTHER

Planting the seeds to end hunger

In 2008, Holly Hirshberg, a 38-year-old mom in Texas, heard some sad news: With the sky-high price of gas, local food pantries weren't able to get or make all their deliveries—and when they had food, many families couldn't afford to drive to pick it up. Holly wanted to help, in a way that would be longer-lasting and more empowering than simply handing over a bag of groceries. "I thought, *If we mail seeds to people, it's a cost-effective, sustainable way for them to grow their own food*," Holly says. Within months she'd created the Dinner Garden, a nonprofit that sends vegetable seeds and offers gardening tips to interested families nationwide.

Holly knew how gardening could unite a family: Eight years ago, she and her husband adopted their son, Sam, now 18, and daughter, Jacqui, 17, from foster care. "They'd never had enough to eat," Holly says of their childhoods. "I wanted to give them a sense of security and teach them that if you grow your own food, you won't go hungry."

Since January 2009, the Dinner Garden has sent families more than 50,000 packs of seeds, mostly donated by seed companies. Holly is also partnering with an Arkansas program that will place seeds (along with food and school supplies) in backpacks for 25,000 hungry kids. Meanwhile, many grateful gardeners have sent back seeds they've harvested so that Holly can pass them forward. "People are growing their own food *and* sharing it with neighbors," she says. "They're feeling more hopeful and secure." For more info, visit dinnergarden.org.

The basics of bunking up

If you're lucky, having your kids share a room can lead to sibling bonding; if you're not, it can mean all-out war. Home designer Cortney Novogratz, mom of seven and star of the Bravo series *9 by Design*, offers tips on how to help kids share a room in peace.

1 Don't make it matchy-matchy.

Let each child express her own style, even if everything doesn't quite match, Novogratz says. Ask each kid to pick a basic shade and accessorize at will—then paint half the shelves of a bookcase each color so they know where to stash their own stuff.

2 Help each kid find his own private space, no matter how unusual:

"One of my kids loves to curl up in the closet with a flashlight and a book, and another likes to play under the bed," Novogratz explains.

3 Let them navigate their own conflicts.

"When my kids can't agree on opening or closing a window or what time is lights out, they play rock paper scissors," she says. "It's fun for them, and always a fair decision."

From the mouths of funny moms...

- "Xander, don't color on your penis with that crayon!" —Shana Segat, 32, Olathe, KS
- "Shaving the cat will not make his hair grow back purple, no matter what your sister told you." —Dianna Logan, 44, Orange, TX
- "Yes, sweetie, *butthead* is a compound word." —Jennifer Horton, 33, DeLand, FL

These quotes are just a sampling of the loony things REDBOOK readers have found themselves saying once they became mothers. Oregon mom of three Erica Duncan has been there—and she's invited all moms to share their crazy, I-live-with-a-toddler quips on her blog, mommylingo.blogspot.com. Log on and laugh.



Osteoporosis: Get The Facts

Q: I always thought that postmenopausal osteoporosis was just something that happened to old ladies. But I found out that I have it, and I still feel young.

Dr. Hawruk: That is one of those myths about osteoporosis. It's not just an old ladies' disease. You should know that women can lose an average of 10% of their bone mass during the first 5 years after reaching menopause.

Ask your doctor about treatment options like Once-a-Month Actonel. It's clinically proven to help reverse bone loss and can help increase bone strength to help prevent fractures.

Actonel is a prescription medication to treat postmenopausal osteoporosis.

Important Safety Information for Actonel® (risedronate sodium) tablets.

You should not take Actonel if you are allergic to any of the ingredients, if you have problems of the esophagus which delay emptying into the stomach, if you have low blood calcium (hypocalcemia), have kidneys that work poorly, or cannot stand or sit upright for 30 minutes. Stop taking Actonel and tell your doctor right away if you experience difficult or painful swallowing, chest pain, or severe or continuing heartburn, as these may be signs of serious upper digestive problems. Follow dosing instructions carefully to lower the chance of these events occurring.

Side effects may include stomach pain, upset stomach, or back, muscle, bone or joint pain, sometimes severe. Contact your doctor for medical advice about side effects, or if you have questions about Actonel. Promptly tell your doctor if you develop dental problems, as serious jawbone problems have been reported rarely.

You are encouraged to report side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see the Actonel Patient Information above.

Dr. Elizabeth Hawruk – Rheumatology

North Jersey Center for Arthritis and Osteoporosis

Doctor paid to appear in this ad.

ASK
Actonel
(risedronate sodium) tablets
Once-a-Month

Eligible patients get up to 1 month FREE

Call 1-877-Actonel or visit Actonel.com

Actonel® is a registered trademark of Warner Chilcott Company, LLC

Patient Information: ACTONEL® (AK-toh-nel) Tablets

ACTONEL (risedronate sodium) tablets 5 mg, ACTONEL (risedronate sodium) tablets 35 mg, ACTONEL (risedronate sodium) tablets 75 mg, and ACTONEL (risedronate sodium) tablets 150 mg for Osteoporosis. Read this information carefully before you start to use your medicine. Read the information you get every time you get more medicine. There may be new information. This information does not take the place of talking with your healthcare provider about your medical condition or your treatment. If you have any questions or are not sure about something, ask your healthcare provider or pharmacist.

What is the most important information I should know about ACTONEL?

ACTONEL may cause problems in your stomach and esophagus (the tube that connects the mouth and the stomach), such as trouble swallowing (dysphagia), heartburn (esophagitis), and ulcers. You might feel pain in your bones, joints, or muscles (See "What are the Possible Side Effects of ACTONEL?").

You must follow the instructions exactly for ACTONEL to work and to lower the chance of serious side effects. (See "How should I take ACTONEL?").

What is ACTONEL?

ACTONEL is a prescription medicine used:

- to prevent and treat osteoporosis in postmenopausal women.
- to increase bone mass in men with osteoporosis.
- to prevent and treat osteoporosis in men and women that is caused by treatment with steroid medicines such as prednisone.
- to treat Paget's disease of bone in men and women. The treatment for Paget's disease is very different than for osteoporosis and uses a different dose of ACTONEL. This leaflet does not cover using ACTONEL for Paget's disease. If you have Paget's disease, ask your healthcare provider how to use ACTONEL.

ACTONEL may reverse bone loss by stopping more loss of bone and increasing bone strength in most people who take it, even though they won't be able to see or feel a difference. ACTONEL helps lower the risk of breaking bones (fractures). Your healthcare provider may measure the thickness (density) of your bones or do other tests to check your progress.

Who should not take ACTONEL?

Do not take ACTONEL if you:

- have problems of the esophagus which delay emptying
- have low blood calcium (hypocalcemia)
- cannot sit or stand up for 30 minutes
- have kidneys that work poorly
- have an allergy to ACTONEL. The active ingredient in ACTONEL is risedronate sodium. (See the end of this leaflet for a list of all the ingredients in ACTONEL.)

Tell your doctor before using ACTONEL if:

- you are pregnant or may become pregnant. We do not know if ACTONEL can harm your unborn child.
- you are breast-feeding or plan to breast-feed. We do not know if ACTONEL can pass through your milk and if it can harm your baby.
- you have kidney problems. ACTONEL may not be right for you.

Tell your doctor about all the medicines you take, including prescription and nonprescription medicines, vitamins and herbal supplements.

ACTONEL can interact with other medicines. Keep a list of all the medicines you take. Show it to all your healthcare providers, including your dentist and pharmacist, each time you get a new medicine.

How should I take ACTONEL?

The following instructions apply to all patients taking ACTONEL:

- Take ACTONEL exactly as prescribed by your healthcare provider.
- Take ACTONEL first thing in the morning before you eat or drink anything except plain water.
- Take ACTONEL while you are sitting up or standing.
- Take ACTONEL with 6 to 8 ounces (about 1 cup) of plain water. Do **not** take it with any other drink besides plain water.
- Swallow ACTONEL whole. Do **not** chew the tablet or keep it in your mouth to melt or dissolve.
- After taking ACTONEL you must wait at least 30 minutes **BEFORE**:
 - lying down. You may sit, stand, or do normal activities like read the newspaper or take a walk.
 - eating or drinking anything except plain water.
 - taking vitamins, calcium, or antacids. Take vitamins, calcium, and antacids at a different time of the day from when you take ACTONEL.
- Keep taking ACTONEL for as long as your healthcare provider tells you.
- For ACTONEL to treat your osteoporosis or keep you from getting osteoporosis, you have to take it exactly as prescribed.
- If you miss a dose of ACTONEL, call your healthcare provider for instructions.
- If you take more than your prescribed dose of ACTONEL, call your healthcare provider right away.
- Your healthcare provider may tell you to take calcium and vitamin D supplements and to exercise.

What is my ACTONEL schedule?

ACTONEL tablets are made in 4 different dosages (amounts). How often you should take your tablet depends upon the dosage that your doctor has prescribed (recommended) for you.

- 5 mg tablets are yellow. One tablet should be taken every day in the morning.
- 35 mg tablets are orange. One tablet should be taken once a week in the morning.
- 75 mg tablets are pink. One tablet should be taken in the morning two days in a row every month.
- 150 mg tablets are blue. One tablet should be taken once a month in the morning.

If you miss your dose in the morning, do not take it later in the day. You should call your healthcare provider for instructions.

What should I avoid while taking ACTONEL?

- Do not eat or drink anything except water before you take ACTONEL and for at least 30 minutes after you take it. (See "How should I take ACTONEL?").
- Do not lie down for at least 30 minutes after you take ACTONEL.
- Foods and some vitamin supplements and medicines can stop your body from absorbing (using) ACTONEL. Therefore, do not take anything other than plain water at or near the time you take ACTONEL.

What are the possible side effects of ACTONEL?

Stop taking ACTONEL and tell your healthcare provider right away if:

- swallowing is difficult or painful
- you have chest pain
- you have very bad heartburn or it doesn't get better

Possible serious side effects may include:

- esophagus or stomach problems, including ulcers, pain, or trouble swallowing. Tell your healthcare provider if you have pain or discomfort in your stomach or esophagus.
- low calcium and other mineral disturbances. If you already have one (or more) of these problems, it should be corrected before taking ACTONEL.

- pain in bones, joints or muscles, sometimes severe. Pain may start as soon as one day or up to several months after starting ACTONEL.
- jawbone problems in some people, which may include infection and slower healing after teeth are pulled. Tell your healthcare providers, including your dentist, right away if you have these symptoms.

Common side effects include the following:

- back and joint pain
- upset stomach and abdominal (stomach area) pain
- short-lasting, mild flu-like symptoms, which are reported with the monthly doses and usually get better after the first dose.

Other possible side effects may include:

- **Allergic and severe skin reactions.** Tell your healthcare provider if you develop any symptoms of an allergic reaction including: rash (with or without blisters), hives, or swelling of the face, lips, tongue, or throat. **Get medical help right away if you have trouble breathing or swallowing.**
- **Eye inflammation.** Tell your healthcare provider if you get any eye pain, redness, or if your eyes become more sensitive to light.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store ACTONEL?

- Store ACTONEL between 68°F to 77°F (20°C to 25°C).
- **Keep ACTONEL and all medicines out of the reach of children.**

General information about ACTONEL:

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use ACTONEL for a condition for which it was not prescribed. Do not give ACTONEL to other people, even if they have the same symptoms you have. It may harm them.

What if I have other questions about ACTONEL?

This leaflet summarizes the most important information about ACTONEL for osteoporosis. If you have more questions about ACTONEL, ask your healthcare provider or pharmacist. They can give you information written for healthcare professionals. For more information, call 1-877-ACTONEL (toll-free) or visit our web site at www.actonel.com.

What are the ingredients of ACTONEL?

ACTONEL (active ingredient): risedronate sodium.

ACTONEL (inactive ingredients): All dose strengths contain: crospovidone, hydroxypropyl cellulose, hypromellose, magnesium stearate, microcrystalline cellulose, polyethylene glycol, silicon dioxide, and titanium dioxide.

Dose-strength specific ingredients include: 5 mg—ferric oxide yellow, lactose monohydrate; 30 mg—lactose monohydrate; 35 mg—ferric oxide red, ferric oxide yellow, lactose monohydrate; 75 mg—ferric oxide red; 150 mg—FD&C blue #2 aluminum lake.

ACTONEL® is marketed by:
Procter & Gamble Pharmaceuticals, Inc.
Cincinnati, Ohio 45202
and
sanofi-aventis U.S. LLC
Bridgewater, NJ 08807
DECEMBER 2009
©2009 Procter & Gamble Pharmaceuticals, Inc.



The Alliance for Better Bone Health

©Warner Chilcott

My beauty is more
than fur deep.

I am more than just a cat.

I am an **IAMS** cat

IAMS with PreBiotics. Now in dry and wet.

IAMS with PreBiotics works inside the digestive tract to promote healthy digestion and strong defenses. Healthy inside. Healthy outside.

See the power of IAMS with PreBiotics at iams.com



IAMS with
PreBiotics

Life's Better on IAMS®



Whitens Your Teeth Faster Than It Takes To Read This Magazine.



Why take two weeks when you can safely and effectively whiten your teeth up to 6 shades in only 1 Hour without any tooth sensitivity? Finally, the evolution of tooth whitening has arrived with dentist-created Luster 1 Hour White. Also available in Luster Weekend White formula.



VISIT LUSTERNOW.COM
FOR SPECIAL OFFERS

AVAILABLE AT:

Wal-Mart, CVS, Target & Walgreens
and other fine stores

Making It **Work**

visit a shelter for rescued girls that was featured in the film. "It was horrifying to see the girls who were newly rescued," she recalls. "They looked like wounded animals—many had been burned, cut, disfigured, or were dying of AIDS." But she also witnessed hope. "You could see the joy in the girls who had been rescued six months earlier," she says. "They were dancing and laughing in the courtyard. The beauty within the survivors is so much greater than the evil that's been inflicted on them."

While visiting the shelter, Sarah discovered a room stuffed with satin bags, jewelry, and other handicrafts that the girls had made. "I bought as many items as I could with the \$300 I had in my wallet and piled it all into my suitcase," says Sarah, who planned to sell the goods to friends and family and then donate the profits to the women.

Back home in Massachusetts, Sarah quickly put her vision into action. At a "Shop for Freedom" party she threw a few weeks after her trip, she showed about 30 friends a short film she created from scenes from *The Day My God Died*. She also sold the survivors' crafts; each item came with a card telling a story of how its creator would use the money to rebuild her life: by moving out of the shelter, getting an education, and reintegrating back into society. The party was huge hit: Sarah raised \$1,600 and sent every penny to Maiti Nepal.

The success of that night eventually led to the birth of the Emancipation Network, a nonprofit organization Sarah founded to encourage more women to host their own Shop for Freedom parties. Each of the 30 women who had attended Sarah's party hosted her own, and the parties spread from there. The organization gained national exposure after Lifetime Television featured a mini-series on human trafficking and posted a link to the Emancipation Network on its website as a resource for viewers who wanted to help rescued women.

Today, Sarah's organization has partnered with 18 shelters in nine countries,

What you can do



Sarah in Calcutta in 2009.

including one in New York, and sells survivors' products on its website, made by survivors.com—everything from jewelry and purses to paper goods and ornaments made from materials unique to the various regions the Emancipation Network serves. "Sometimes I worry, because women's lives are literally depending on me," says Sarah, who makes trips to shelters around the world four times a year. "But that's very small compared with the satisfaction I feel when I see how much the girls' lives have improved." Many of the women who've been helped by Sarah's work now have their own apartments, others are attending school, and a group of survivors even started a radio show to educate their community about human trafficking. "When I see how much their spirits are transformed," Sarah says, "that's what brings me the most joy." **R**

Is there a **REDBOOK** hero in your life?

Someone who's making a positive difference in her community—and changing the world for the rest of us? Tell us her story: Email us at redbookheroes@hearst.com.



This wool felt coin purse (left, \$8) was handcrafted by women in Nepal. Below: A world of products, made by survivors in Nepal, India, Thailand, Uganda, and Cambodia.



Women in India stitched the Parrot Appliqué Bag (above, \$40) and use the income to send their daughters to school. Right: Sterling-silver dragonfly bracelet, Thailand (\$150).



► You can help survivors build better lives by shopping from the Emancipation Network's website, hosting your own Shop for Freedom party, or sponsoring a child. For more info, go to madebysurvivors.com.



RIDERS
BY
Lee

— TRY —
**SLENDER
STRETCH™**

"Jeans that instantly slim you."

Stacy

STACY LONDON
STYLE & FIT EXPERT

Available at **Walmart**
Save money. Live better.

visit RIDERSBYLEE.COM for Stacy's Fit Tips
JOIN US ON FACEBOOK.COM/RIDERSBYLEE



Women in a Calcutta shelter embroider bags by hand.

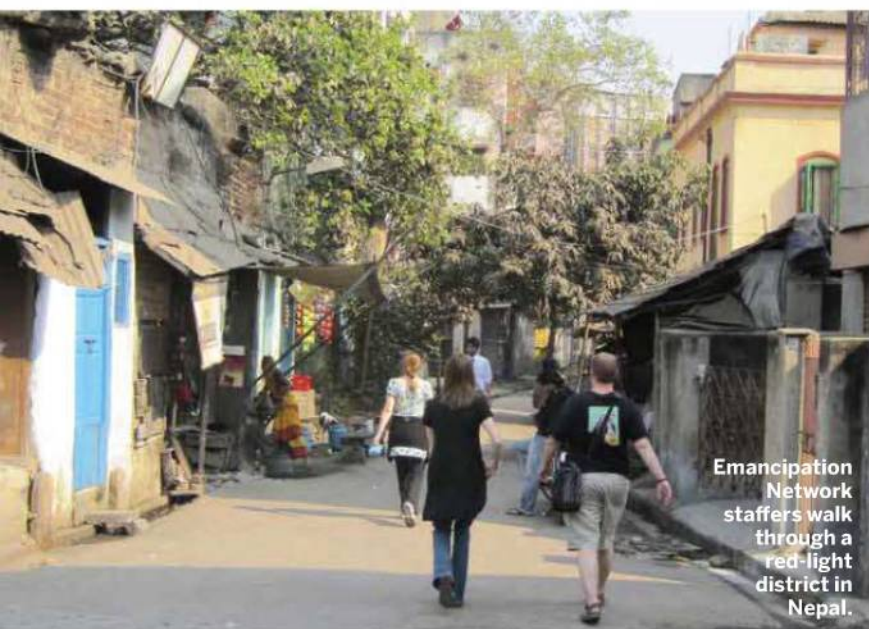
Redbook Hero

Rescuing girls and women from the sex trade

Sarah Symons is helping victims of human trafficking find healing and hope. By Nicole Yorio



Sarah shares a smile with two rescued children in India.



Emancipation Network staffers walk through a red-light district in Nepal.

Seven years ago, on a business trip to New York, Sarah Symons saw the film that would change her life. The documentary *The Day My God Died*, which tells the stories of girls as young as 7 who were rescued from the sex trade overseas—and who then risked their lives to help others escape—shocked her. “Before I saw that film, I knew almost nothing about human trafficking,” says Sarah, a 45-year-old Massachusetts mom of two. “And I certainly didn’t realize the scale of slavery—that it affects millions. As I watched these brave girls, I thought about my own life and my own daughter, and it was unbearable. If the survivors were able to do so much to help, then surely I, who had so many blessings, could do something too.”

Sarah was so moved and inspired that she signed up with a U.S.-based volunteer organization, Friends of Maiti Nepal, to travel to Nepal and

WEIGHT LOSS

you **AND** your doctor can feel great about.

When you lose weight with Medifast, your friends will notice—and so will your doctor.

In addition to looking great, you can lower your risk of heart disease, diabetes, stroke, and other health problems.

It's the nutritious weight-loss program developed by physicians that helps you lose up to 2 to 5 lbs per week, without counting calories, carbs, or points.

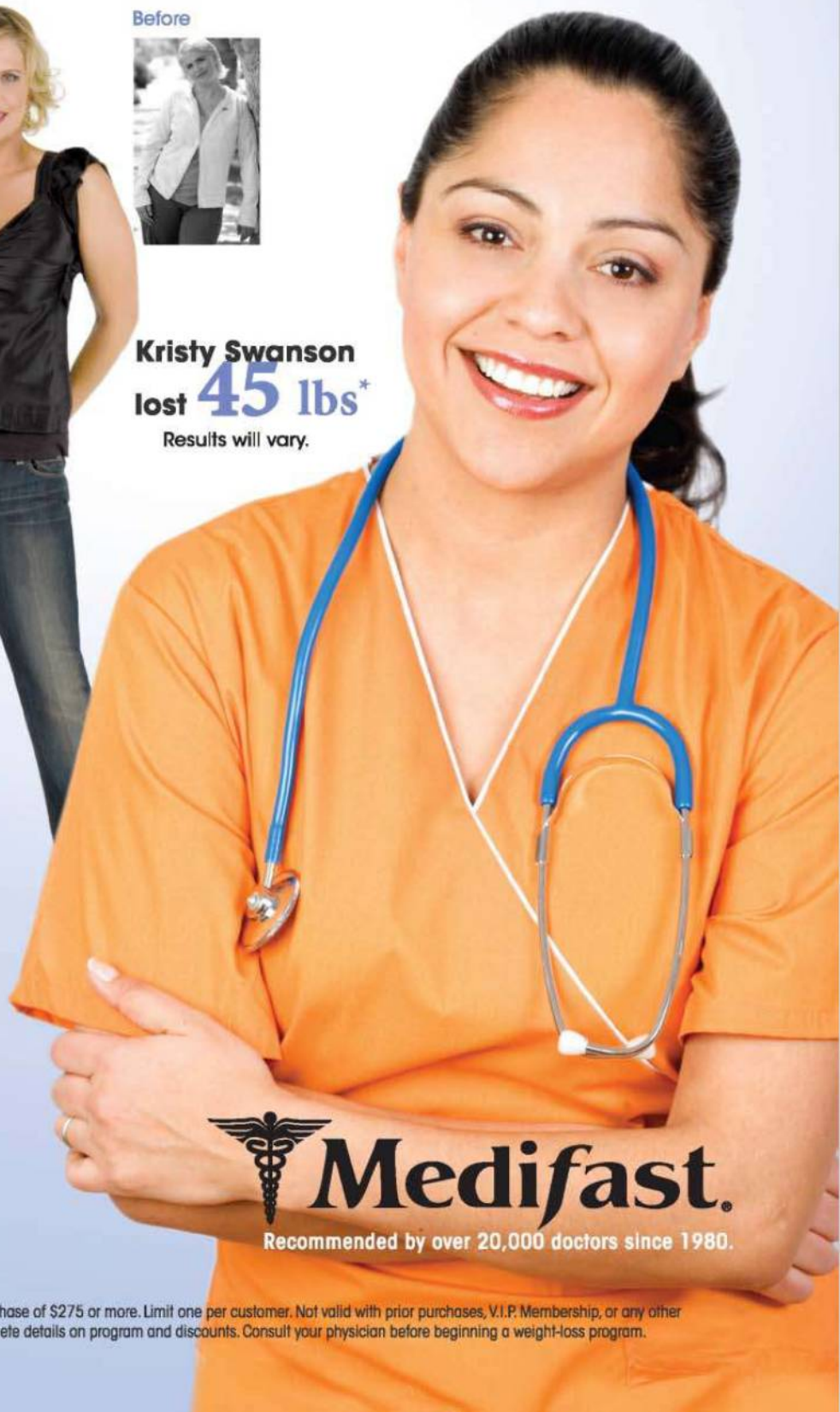
Try Medifast and see how much better you look AND feel.



Before



Kristy Swanson
lost **45 lbs***
Results will vary.



SAVE TODAY!

\$25* OFF (use code **RBJUNE25**)

OR

\$50* OFF (use code **RBJUNE50**)

Call **(800) 971-7295** or visit
MedifastBook.com



Medifast.

Recommended by over 20,000 doctors since 1980.

*Save \$25 on your purchase of \$150 or more, or save \$50 on your purchase of \$275 or more. Limit one per customer. Not valid with prior purchases, V.I.P. Membership, or any other promotions or discounts. Offer expires 07/31/10. See Web site for complete details on program and discounts. Consult your physician before beginning a weight-loss program.



From: Heidi@heidiklum.com*



To: Redbook

Subject: Life, love & other hot topics

A few happiness guidelines from Heidi Klum:

- Don't be afraid of change
- Surround yourself with positive people
- Smile :)
- And for heaven's sake, toss those baggy sweats!

HERE'S THE THING: When you've got a hit reality-TV show that just wrapped up its seventh season, a popular line of beauty products, two brand-new maternity lines, and—oh yeah—an 8-month-old child (your fourth!), your days are rather, well, full. And so you rely on the saving grace of savvy, swamped women and moms everywhere: multitasking. No time for a lengthy interview over Caesar salad and pomegranate iced tea? No problem: That's what email is for. And Heidi Klum, as you can see for yourself in our interview below, is an excellent emailer. A message from her is like a breezy, funny, wisdom-packed note from your best friend (your absolute most drop-dead-gorgeous best friend, that is).

The supermodel-turned-reality-TV-hostess-with-the-mostest proved long ago that she's a force to be reckoned with no matter what she undertakes. She's rocked runways the world over, whether for Victoria's Secret or Lifetime's *Project Runway*. She's launched several successful product lines, most recently two maternity-clothing launches for A Pea in the Pod and Motherhood Maternity. And she's snagged one of the hottest guys around: pop star Seal. Not only are the two mad about each other—they renew their marriage vows every year—but they've also got a *big* happy family: daughter Leni, 6, sons Henry, 4, and Johan, 3, and their new baby girl, Lou.

Family definitely comes first these days for the 37-year-old, who seems to have at least as much fun getting her face painted at Disneyland as she does wowing the red-carpet crowd. But the truth is, leading with her infectious megawatt smile, Heidi brings the fun wherever she goes—and with a mischievous sense of humor, she has no problem turning a joke right around on herself.

So how does she nail both the glamorous and the grounded? How does she keep the fairy tale in her marriage—and the sparks in her sex life? How does she so delightfully stay a kid at heart? Ask and you shall receive....

You've got mail.

REDBOOK: You do everything with such style—whether it's hosting *Project Runway*, dreaming up amazing Halloween costumes, or running after four kids. How can women feel beautiful no matter what they do?

Heidi: I think it's important to get your surroundings as well as yourself into a positive state—meaning surround yourself with positive people, not the kind who are negative and jealous of everything you do. For me, it's having wonderful friends who love me for who I am, not my job, as well as a fantastic team that helps me reach all of my dreams. If you have issues with family, friends, and people at work, try and solve these issues head on so you can move on and concentrate on having the life you want. Think about what you can do so that you are happy with yourself—for instance, eating right to feel great and energetic.

When I am saying "be happy with yourself," I am talking about looking in the mirror and being happy with what you see. I DON'T mean that I look in the mirror and say, "Wow, I am good-looking." :)

REDBOOK: Anything you can do when things are going a little less than perfectly?

Heidi: Change things up so you don't get in a rut. Get your hair cut to something new and fun! Reinvent yourself. For me, all these things are really important to be a happier and better person for myself and my family▶

*No, that's not Heidi's real email address! But heidiklum.com is her website. Check it out for all her latest news.

REDBOOK: Was that part of why you created your beauty line? To help women bring out their most beautiful selves?

Heidi: I created In An Instant because I wanted something that shows results. I need my products to work and be fast! I don't love having 50 different things in my bathroom, like a different cream for every inch of my face. That's SO not me.

REDBOOK: Part of your beauty is your 500-kilowatt smile and your irresistible—and seemingly endless!—energy. How do you keep that energy up?

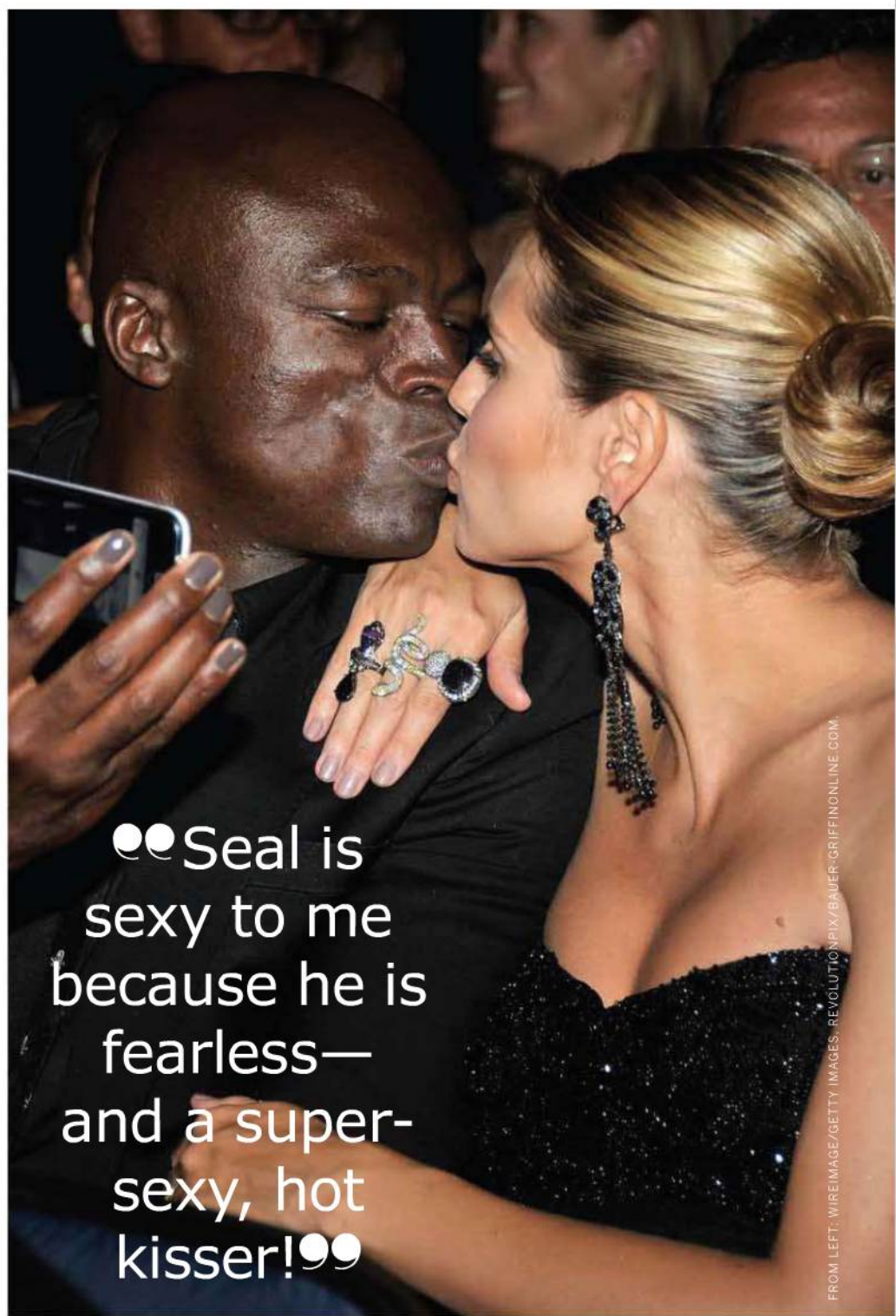
Heidi: I am generally a very happy and easygoing person. I also believe it's always better to meet people with a smile rather than looking cold, especially when you first meet. It changes everything.

REDBOOK: What was your inspiration for your maternity line?

Heidi: I absolutely loved creating my two maternity lines. One is called Lavish, which is sold at A Pea in the Pod, and it's for the glam mom-to-be. The other line, Loved, you can find at all Motherhood Maternity stores; it's more casual but still fashion-forward. I had naturally learned a bunch of things being pregnant myself four times, and I incorporated a lot of what I would have liked to have into my designs. Like for example, when you sit, the wrong pants can cut into your gut—not comfortable! Many times, my husband had to get big scissors at dinner and cut me out of my pants. So I tried to design all of the jeans in my line to be stretchy and soft so women wouldn't have to deal with that discomfort. Most women go through so much as it is during pregnancy that they should not have to worry about what to wear.

REDBOOK: This is our “hottest husbands” issue. What makes Seal hot to you?

Heidi: I don't know why I got so lucky. I have to pinch myself often and say, “Is this just a dream?” Not only do I love my husband for the obvious reasons (ahem, his sex appeal), but also he is one of the kindest, most loving men I have ever met. He is sexy to me because he is fearless and not afraid to show emotions. He is a supersexy, hot kisser and... he is sexy to me because he can be singing in front of 25,000 people one minute and, the next, be changing our daughter's diaper.



●●Seal is
sexy to me
because he is
fearless—
and a super-
sexy, hot
kisser!●●

REDBOOK: You and Seal still seem to enjoy each other so much. How do you maintain that joy in your marriage despite the daily grind?

Heidi: We have no daily grind. But that's because of the jobs we have. Or when we do experience it, we're happy about it. So it's mostly that we love and respect each other. We do things for each other. My husband is really into photography, for example, so

I have made an effort to learn more about cameras, and I know he loves that I am interested in one of his biggest passions. That makes ME happy—making him happy. We go on dinner dates and have our occasional days sleeping in together. That's not always so easy with four kids, but we somehow do it! I just really believe that our personalities complement each other. You need someone to tell you the truth in a forest of people in

which 99 percent think all you do is fabulous. One thing I think I will always want to be for my husband is not only his wife, mother of his children, and his best friend, but also his “hot” girl who keeps making an effort to be attractive and fun!!!!

REDBOOK: If you could choose three words—or just one!—that would describe your marriage, what would they be?

Heidi: Hmm, I think the word would be LOVE, because if there is no love, there is nothing. And all the other words and emotions are within that word: unconditional, everlasting, respectful, fun, appreciative, sexy, caring, hot, kind, special LOVE.

REDBOOK: What does Seal do that can, without fail, sweep you off your feet?

Heidi: He just needs to look at me... in that special way that says it all. It's a look that makes everyone else disappear around us. My husband has not had the most easy upbringing. He lived with a foster family for the first four years of his life before being reunited with his biological mom. After his birth mom and dad passed, he lived with his stepmom and siblings. It was tough sometimes. So I understand why he is the way he is, so loving to his wife and children, never wanting to be overly harsh with his kids and instead teaching them with words and by demonstration why they should or should not do certain things. He wants us to live as examples for our children and all be loving to one another—to be the family that he didn't have growing up! What my husband has probably learned is that family is the most important thing in life, and how valuable it is to have that solid foundation of family and friends around you.

REDBOOK: You've got four kids to keep track of these days. What's the rule or mantra you try to live by when things start to get a little out of control?

Heidi: With four kids, life is always out of control—as you can imagine! But that's what you need to know will happen when you sign up for a big family. You need to have lots of patience, which I don't have—but thankfully my husband does! I think if you give your best as a parent, then that's all you can do. We do have so much fun as a family. We try to go on adventures and outings: to the movies, the circus, Disneyland. It's important for children to see

what's out there and learn that it's fun to go. It's fun for us as parents, too, to experience things again through their eyes.

REDBOOK: What's one of your most special family memories?

Heidi: We love going on the road with Seal. We roll in and we roll out like the groupies. The kids watch him perform every night and we have the best time. It also makes them understand better when he is on the road by himself and they ask where he is.

REDBOOK: Do you have any unfulfilled dreams? Climbing Mount Everest? Learning to play guitar?

Heidi: To be honest, I'm trying not to put too many more things on my to-do list. One of my biggest achievements in life is being a good mom and wife every day. Sure, climbing Mount Everest would be cool, but that's something I would now like to do as a family. Big experiences like that I don't want to have on my own anymore. I want to share them.

REDBOOK: What do you do when life disappoints you? Are you able to learn or grow from those experiences?

Heidi: I am someone who always gets up again, even if there are setbacks. I have a survivor instinct. I'm not sure where it comes from, but probably from all the little things that make you into who you are. From being teased, to not being the best at school or skinny enough for the big runway shows in Paris, to being cheated on by boyfriends, to the death of family members and friends.... But as they say, what doesn't kill you makes you stronger.

REDBOOK: Last time we talked to you, you told us that Seal thinks you're most beautiful when you're pregnant. Which is supersweet... but a little tricky unless you plan to have many more kids! So how else do you knock him off his feet?

Heidi: I don't know—you'd have to ask him. For my part, I always try to be attractive to my husband. I tossed the baggy sweatpants in the bin a long time ago so that I can't even be tempted to put them on again!

REDBOOK: When do you think he's the most handsome and sexy?

Heidi: When is he the most sexy and handsome? Hmmmm... in our bedroom. :) **R**

From: Seal

To: Redbook

Subject: Family matters



The superstar is a devoted dad, but Heidi's at the center of his world.

What has surprised you most about being a dad? How much you get back from your kids. The tiniest things happen—a look, a first tooth, a sentence—and it can light up your world.

Has having such a big brood changed your marriage?

Oddly, perhaps, not that much. My focus will always be on Heidi first and foremost. That relationship is at the core of everything you do as a family; if you don't focus on that, everything else has the potential to break down.

What's one of your favorite family memories? From our vow-renewal ceremonies. Each year, Heidi and I get remarried. It's a great party, but for about an hour, we go off on our own down to a private beach. We sit there with the kids and read vows to each other as the sun sets. It's a very special moment to us.

Heidi told us you think she's most beautiful when she's pregnant. Still true? She certainly glows when she's pregnant; maybe that's why we keep doing it! But there isn't a moment when she doesn't sweep me off my feet. Just to be near her is enough.

Mom and Dad with their two boys, Henry, left, and Johan.





Suit up!

From colorful prints to notice-me metallics, we've found the season's most  flattering swimsuits.

◀ A bright monokini **slims your figure** and shows off your curves. Tisbury Stripe Cutout suit, Tommy Hilfiger Swimwear, \$95.

The **gold hardware** along the neckline of this suit (designed for women with long torsos) draws eyes up. Copacabana swimsuit, Long Tall Sally, \$45.

Metal power



Disco fever gets a sparkling upgrade in this **sequin-embellished** bikini. Sequins top, \$80, and bottom, \$58, both Hermann by Vix.



A bold bronze tankini **inspires body confidence** and attitude. Egyptian halter top, \$75, and bottom, \$45, both Swankini.



The **deep V neckline and faux-wrap shape** make this suit a sterling choice. Surplice suit, Spiegel, \$64.



This **metallic animal-print** tank suit is as stunning as its \$25 price tag. Metallic one-piece suit, H&M, \$25.

A colorful **ikat pattern** adds shape to a boyish figure. Ikat rope bikini, American Eagle Outfitters, \$50.



The high-cut bottom **lengthens your legs** while the halter slims your torso. Island Oasis tankini, Bisou Bisou for JCPenney, \$30 each piece.



Beaded details and a **hot leopard pattern** make this suit stand out from the pack. Smithsonian maillot, Luxe by Lisa Vogel, \$121.



This sexy snakeskin-print suit has a **solid support system**, with molded cups and a ruched middle. Bandeau Mio suit, Kenneth Cole New York, \$102.



The **tribal print and flirty shape** make this bikini appealing. The cute (and concealing) skirted bottom makes it a must. Vallarta push-up top, \$66, and Flirty skirt, \$72, both Swim Systems.



Into the wild

Curve control! This subtly sexy suit **shows just enough skin.**

Midnight Pearl halter tankini, \$95, and hipster, \$39, both Tommy Bahama.

Boudoir glam



Dazzling meets demure in this Marilyn-inspired one piece. Boudoir Girl balconette bandeau, Gottex, \$168.



Look cute, feel confident. This plus-size suit has **ruching to shrink your stomach** and draw in your waist. Retro swimsuit, Resorts Plus, \$60.



Flirty, skirty, and sexy—this black bikini is anything but basic. Pleated bandeau top, \$20, and pleated skirt, \$20, both Attention.



This chic lace-up suit is specially **designed for breast cancer survivors.** Red halter suit, Veronica Brett, \$198.

Get 'em standing at attention with this **nautical bikini**.

Grommet stripe halter top, \$62, and belted bottom, \$52, both Nautica.



The solid top **lengthens your torso**—

and the polka-dot bottom makes a playful point. Tubeini top, \$20, and polka-dot bottom, \$18, both Mossimo for Target.



A halter tankini is equally suited **for surfing and sunning**.

Striped halterkini, Chaps, \$40 each piece.



Strings add a **sweet-'n'-sexy element** to these sporty separates.

Lace-up top, \$84, and tie bottom, \$72, both Michael by Michael Kors.



Show off your shoulders in this **asymmetrical** suit with bright retro waves.

Reversible one-shoulder maillot, Marc by Marc Jacobs, \$160.



Color splash



Splendor in the grass: Taking just 15 blissful minutes for yourself can give you the peace of mind you need to go on with a hectic day.



HOW TO HAVE A Stress free SUMMER!

Summertime and the living is *still* busy. Tame tension fast with these instant pick-me-ups and slow-you-downs.

By Anna Davies

Make cupcakes for the block party, cover for your coworker while she's at the beach, plan your *own* vacation—stress doesn't take a summer break. In fact, the less-structured days ahead can leave you feeling more out of control than you do during the rest of the year. "I'm seeing women as young as their 30s feeling exhausted—when, biologically, they should have a ton of energy—and a lot of it is due to feeling excessively stressed," says Roberta Lee, M.D., vice chair of the Department of Integrative Medicine at Beth Israel Medical Center and author of *The SuperStress Solution*. The good news? You can stop stress dead in its tracks if you have the right tools. Here, the easy, breezy tension-taming techniques experts swear by.

15 minutes to a relaxed you

Take a deep breath. This advice is more than a Band-Aid for your brain—it's a proven stress remedy. "The stress response is triggered by fear and anxiety, but there's also a relaxation response that comes from soothing yourself," explains Herbert Benson, M.D., coauthor of *The Relaxation Response*. You don't have to pray or meditate if that's not your thing (though it might help!). Just find a calming ritual that makes you feel wholly in the present—i.e., no angsting over past conversations or future deadlines. Practice your relaxation response regularly and your body chemistry might actually change to make you more resilient to external stressors. Try adding one of these activities to your routine for 10 to 15 minutes every day.

LISTEN TO MUSIC—but think familiar, repetitive, soothing sounds, like Krishna Das yoga chants or Moby, not a Lady Gaga techno remix.

LOSE YOURSELF IN AN ACTIVITY like knitting, woodworking, painting, even dishwashing—any repetitive manual task that doesn't require conscious thought to complete.

IMMERSE YOURSELF IN WATER, whether it's floating in a pool, lying in the tub, or just standing under the shower. Concentrate on the feel of the liquid on your skin to stay in the moment.

RUN, DANCE, WALK or do any other physical activity that lets you take a break while your body moves.

Touch and go

These tactile tricks zap tension where it lives:

HEAD RUB: Using your fingers, massage your forehead, then move down your temples to your jawline, suggests REDBOOK columnist Alice Domar, Ph.D, founder of the Domar Center for Mind/Body Health. Just a few seconds in each spot is enough to loosen you up.

EASY ACUPRESSURE: Press your three middle fingers firmly against your left wrist about an inch south of where your palm starts, says Barrie Cassileth, Ph.D,

chief of integrative medicine service at Memorial Sloan-Kettering Cancer Center. Hold for a few minutes. Repeat on your right wrist.

ON THE BALL: T-Spheres (right) are aromatherapy-infused massage balls that can be used on your hands, your feet, the small of your back, or anywhere else on your body to create a spa experience on the go. (\$20, tspheres.com)



All the right moves



Sadie Nardini, founder of Core Strength Vinyasa Yoga in New York City, swears by these stretches to chill you out, whether you're Type A or Type Om.

■ **Cat cow** (shown above) On all fours, with knees hip-width apart and your hands directly under your shoulders, inhale through your nose and arch your back. Bring your shoulder blades closer together as you slide your head back. Exhale, round your back, bring your chin to your chest, and let your shoulder blades widen. Repeat 10 times. At work or in the car? Try doing the exercise seated, with your legs crossed and your hands at your sides.

■ **Chair pose to rag doll** Stand with your knees and feet touching. Keeping your lower back long, bend your knees as if sitting down in a chair, then reach your arms in the air, parallel to the ground, and take five to 10 breaths. Exhale, straighten your legs (keeping your knees slightly bent), and fold at your waist, placing your hands at opposite elbow creases, and hang over your legs for five to 10 breaths. This will relax your back muscles, where we store tons of tension.

■ **Allover stress reliever** Lie on your back, knees bent. Raise your legs up over your hips with bent or straight knees, relax, and breathe gently as your body detoxes from toe to head.

Write it off

Can't stop obsessing over an issue? You might just need to view it from another angle, says Andrew Bernstein, founder of the stress-management program ActivInsight and author of *The Myth of Stress*. Get a little fresh perspective with his seven-step writing technique.

1 Write a sentence using the word *shouldn't* to describe the stressful situation: *My mother-in-law shouldn't tell me how to raise my kids.*

2 On a scale of 1 to 10, rate how strongly you believe the statement to be true. This will show you, visually, how much of an initial effect the stressor has on you.

3 Write how you feel when you believe this: *Mad, insecure, angry at husband*

4 Flip the sentence to its opposite, changing *shouldn't* to *should* and adding the words *in reality* at the beginning and *at this time* at the end. Remember, this new sentence isn't the truth, it's just a way to view your problem in a different light: *In reality, my mother-in-law should tell me how to raise my kids at this time.*

5 Write down reasons why this could be true—even if they seem ridiculous or over-the-top: *In reality, she wants to feel like part of her son's life. In reality, she knows a lot about raising kids. In reality, I sometimes leave her out on purpose.*

6 Write down how you feel after reading these explanations (keeping in mind that they aren't necessarily true or false): *Understanding, clear, calm, accept*

7 Reread your original sentence and, on a scale of 1 to 10, rate how strongly you now believe it to be true. Now... do you feel a little cooler about that hot topic? Phew!



Instant therapy

When you're feeling frazzled, having good advice at the ready can stop the stress cycle and help you take action—or at least a breath! Need a little inspiration? Therese Borchard, author of *The Pocket Therapist*, has culled her own years of therapy into bite-size life lessons. Take these wise words to heart:

■ **Got an impossible dilemma? Sleep on it.** “Sleep is crucial to sanity, and a new day can bring a whole new outlook,” Borchard says.

■ **Allow room in your schedule for accidents.** “How can stress *not* occur when we're overlooked?” Borchard asks. Leaving just a little wiggle room in your day can stop the freak-outs before they start.

■ **Strive to do the best you can... at this moment.** The second part of the sentence is key, Borchard notes: “Your best you yesterday may be entirely different than your best you today, and that's natural.”

■ **Remind yourself that you're okay.** “Look around and notice all the things that are going well,” Borchard suggests. “You have people who love you, you're not living in a war-torn country, you're not in immediate danger. It's an easy way to hit the reset button and put your problems in perspective.” **R**

If you can set stress aside, you're free to enjoy summer's many pleasures—and the people you care about most.



For moderate to severe RA

I HAVE RHEUMATOID ARTHRITIS.



Your results may vary. In medical studies, ENBREL was shown to be effective in about 2 out of 3 adults with moderate to severe rheumatoid arthritis (RA) who used it, and has been shown to begin working in as few as 2 weeks, with most patients receiving benefit within 3 months. In an RA medical study, 55% of patients had no progression of joint damage.

Please see Important Safety Information below and Medication Guide on the back of the following page.

ENBREL is indicated for reducing signs and symptoms, keeping joint damage from getting worse, and improving physical function in patients with moderate to severe rheumatoid arthritis. ENBREL can be taken with methotrexate or used alone.

IMPORTANT SAFETY INFORMATION

What is the most important information I should know about ENBREL?

ENBREL is a medicine that affects your immune system. ENBREL can lower the ability of your immune system to fight infections. Serious infections have happened in patients taking ENBREL. These infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections. Your doctor should test you for TB before you

take ENBREL and monitor you closely for TB before, during, and after ENBREL treatment, even if you have tested negative for TB.

There have been some cases of unusual cancers reported in children and teenage patients who started using TNF blockers before 18 years of age. Also, for children, teenagers, and adults taking TNF blockers, including ENBREL, the chances of getting lymphoma or other cancers may increase. Patients with RA and psoriasis may be more likely to get lymphoma.

Before starting ENBREL, tell your doctor if you:

- Have any existing medical conditions
- Are taking any medicines, including herbals
- Think you have, are being treated for, have signs of, or are prone to infection. You should not start taking ENBREL if you have any kind of

infection, unless your doctor says it is okay

- Have any open cuts or sores
- Have diabetes or an immune system problem
- Have TB or have been in close contact with someone who has had TB
- Were born in, lived in, or traveled to countries where there is more risk for getting TB. Ask your doctor if you are not sure
- Live or have lived in certain parts of the country (such as, the Ohio and Mississippi River valleys, or the Southwest) where there is a greater risk for certain kinds of fungal infections, such as histoplasmosis. These infections may develop or become more severe if you take ENBREL. If you don't know if histoplasmosis or other fungal infections are common in the areas where you live or have lived, ask your doctor
- Have or have had hepatitis B

www.enbrel.com

©2010 Amgen Inc., Thousand Oaks, CA 91320 and Pfizer Inc. All rights reserved. MC 41435-E-1

I ALSO HAVE A LIFE.



If you suffer from moderate to severe RA, it can seem as though your life has been split in two. ENBREL can help bridge the gap.

ENBREL can reduce the pain, stiffness, and fatigue that's stopping you. It can also help keep joint damage from getting worse. ENBREL is given by injection. ENBREL was the first medicine of its kind approved for moderate to severe RA and is the number-one most prescribed biologic by rheumatologists for RA.* So you can experience another side of RA, and get closer to the life you want to live.

Ask your rheumatologist about ENBREL today. To learn about RA, ENBREL, and patient support call: 1-888-4ENBREL and visit www.enbrel.com.

*Based on monthly prescription data from IMS NPA for September 2009 and a 6-month interval of NDTI data for projected drug uses as of August 2009 for biologic agents approved for moderate to severe RA.

- Have heart failure
- Develop symptoms such as persistent fever, bruising, bleeding, or paleness while taking ENBREL
- Use the medicine Kineret® (anakinra), Orencia® (abatacept), or Cytoxan® (cyclophosphamide)
- Have or develop a serious nervous disorder, seizures, any numbness or tingling, or a disease that affects your nervous system such as multiple sclerosis
- Are scheduled to have surgery
- Have recently received or are scheduled for any vaccines. All vaccines should be brought up-to-date before starting ENBREL. Patients taking ENBREL should not receive live vaccines.
- Are allergic to rubber or latex
- Are pregnant, planning to become pregnant, or breastfeeding

- Have been around someone with chicken pox
- What are the possible side effects of ENBREL?**

ENBREL can cause serious side effects including: **Infections**, including serious infections like TB; **hepatitis B** can become active if you already have had it; **nervous system problems**, such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes; **blood problems** (some fatal); new or worsening **heart failure**; new or worsening **psoriasis**; **allergic reactions**; **autoimmune reactions**, including a lupus-like syndrome and autoimmune hepatitis.

Common side effects include: Injection site reactions, upper respiratory infections (sinus infections), and headache.

These are not all the side effects with ENBREL.

Tell your doctor about any side effect that bothers you or does not go away.

If you have any questions about this information, be sure to discuss them with your doctor. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see Medication Guide on the next page.



Get closer to the life you want to live



Medication Guide ENBREL® (en-brel) (etanercept)

Read the Medication Guide that comes with ENBREL® before you start using it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking with your doctor about your medical condition or treatment. It is important to remain under your doctor's care while using ENBREL®.

ENBREL® is a prescription medicine called a Tumor Necrosis Factor (TNF) blocker that affects your immune system.

What is the most important information I should know about ENBREL®?

ENBREL may cause serious side effects, including:

1. Risk of infection

ENBREL® can lower the ability of your immune system to fight infections. Some people have serious infections while taking ENBREL®. These infections include tuberculosis (TB), and infections caused by viruses, fungi or bacteria that spread throughout their body. Some people have died from these infections.

- Your doctor should test you for TB before starting ENBREL®.
- Your doctor should monitor you closely for symptoms of TB during treatment with ENBREL® even if you tested negative for TB.
- Your doctor should check you for symptoms of any type of infection before, during, and after your treatment with ENBREL®.

You should not start taking ENBREL® if you have any kind of infection unless your doctor says it is okay.

2. Risk of cancer

- There have been cases of unusual cancers in children and teenage patients who started using TNF-blocking agents at less than 18 years of age.
- For children, teenagers, and adults taking TNF-blocker medicines, including ENBREL®, the chances of getting lymphoma or other cancers may increase.
- People with rheumatoid arthritis or psoriasis, especially those with very active disease, may be more likely to get lymphoma.

Before starting ENBREL®, be sure to talk to your doctor:

ENBREL® may not be right for you. Before starting ENBREL®, tell your doctor about all of your medical conditions, including:

Infections – tell your doctor if you:

- have an infection. (See "What is the most important information I should know about ENBREL®?")
- are being treated for an infection
- think you have an infection
- have symptoms of an infection such as fever, sweats or chills, cough or flu-like symptoms, shortness of breath, blood in your phlegm, weight loss, muscle aches, warm, red, or painful areas on your skin, sores on your body, diarrhea or stomach pain, burning when you urinate or urinate more often than normal, and feel very tired.
- have any open cuts on your body
- get a lot of infections or have infections that keep coming back
- have diabetes, HIV, or a weak immune system. People with these conditions have a higher chance for infections.
- have TB, or have been in close contact with someone with TB
- were born in, lived in, or traveled to countries where there is a risk for getting TB. Ask your doctor if you are not sure.
- live, have lived in, or traveled to certain parts of the country (such as the Ohio and Mississippi River valleys, or the Southwest) where there is a greater risk for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, blastomycosis). These infections may happen or become more severe if you use ENBREL®. Ask your doctor if you do not know if you live or have lived in an area where these infections are common.
- have or have had hepatitis B

Also, BEFORE starting ENBREL®, tell your doctor:

- About all the medicines you take including prescription and nonprescription medicines, vitamins and herbal supplements including:
 - ✓ Orencia® (abatacept) or Kineret® (anakinra). You have a higher chance for serious infections when taking ENBREL® with Orencia® or Kineret®.
 - ✓ Cyclophosphamide (Cytoxan®). You may have a higher chance for getting certain cancers when taking ENBREL® with cyclophosphamide.

Keep a list of all your medications with you to show your doctor and pharmacist each time you get a new medicine. Ask your doctor if you are not sure if your medicine is one listed above.

Other important medical information you should tell your doctor BEFORE starting ENBREL®, including if you:

- have or had a nervous system problem such as multiple sclerosis
- have or had heart failure
- are scheduled to have surgery
- have recently received or are scheduled to receive a vaccine

- ✓ all vaccines should be brought up-to-date before starting ENBREL®
- ✓ people taking ENBREL® should not receive live vaccines
- ✓ ask your doctor if you are not sure if you received a live vaccine
- are allergic to rubber or latex
- ✓ the needle covers on the single-use prefilled syringes and the single-use prefilled SureClick® autoinjectors contains dry natural rubber
- have been around someone with varicella zoster (chicken pox)
- are pregnant or plan to become pregnant. It is not known if ENBREL® will harm your unborn baby.
- ✓ **Pregnancy Registry:** Amgen has a registry for pregnant women who take ENBREL®. The purpose of this registry is to check the health of the pregnant mother and her child. Talk to your doctor if you are pregnant and contact the registry at 1-877-311-8972.

- are breast feeding or plan to breast feed. It is not known if ENBREL® passes into your breast milk. You and your doctor should decide if you will take ENBREL® or breast feed. You should not do both.

See the section "What are the possible side effects of ENBREL®?" below for more information.

What is ENBREL®?

ENBREL® is a prescription medicine called a Tumor Necrosis Factor (TNF) blocker.

ENBREL® is used to treat:

- **moderately to severely active rheumatoid arthritis (RA).** ENBREL® can be used alone or with a medicine called methotrexate.
- **psoriatic arthritis.** ENBREL® can be used alone or with methotrexate.
- **ankylosing spondylitis (AS)**
- **chronic, moderate to severe plaque psoriasis in adults ages 18 years and older**
- **moderately to severely active polyarticular juvenile idiopathic arthritis (JIA) in children ages 2 years and older.**

You may continue to use other medicines that help treat your condition while taking ENBREL®, such as non-steroidal anti-inflammatory drugs (NSAIDs) and prescription steroids, as recommended by your doctor.

ENBREL® can help reduce joint damage, and the signs and symptoms of the above mentioned diseases. People with these diseases have too much of a protein called tumor necrosis factor (TNF), which is made by your immune system. ENBREL® can reduce the effect of TNF in the body and block the damage that too much TNF can cause, but it can also lower the ability of your immune system to fight infections. See "What is the most important information I should know about ENBREL®?" and "What are the possible side effects of ENBREL®?"

Who should not use ENBREL®?

Do not use ENBREL® if you:

- have an infection that has spread through your body (sepsis)
- have ever had an allergic reaction to ENBREL®. See the end of this Medication Guide for a complete list of ingredients in ENBREL®.

How should I use ENBREL®?

- ENBREL® is given as an injection under the skin (subcutaneous or SC).
- If your doctor decides that you or a caregiver can give the injections of ENBREL® at home, you or your caregiver should receive training on the right way to prepare and inject ENBREL®. Do not try to inject ENBREL® until you have been shown the right way by your doctor or nurse.
- ENBREL® is available in the forms listed below. Your doctor will prescribe the type that is best for you.
 - Single-use Prefilled Syringe
 - Single-use Prefilled SureClick Autoinjector
 - Multiple-use Vial
- See the detailed "Patient Instructions for Use" with this Medication Guide for instructions about the right way to prepare and give your ENBREL® injections at home.
- Your doctor will tell you how often you should use ENBREL®. Do not miss any doses of ENBREL®. If you forget to use ENBREL®, inject your dose as soon as you remember. Then, take your next dose at your regularly scheduled time. In case you are not sure when to inject ENBREL®, call your doctor or pharmacist. Do not use ENBREL® more often than as directed by your doctor.
- Your child's dose of ENBREL® depends on his or her weight. Your child's doctor will tell you which form of ENBREL® to use and how much to give your child.

What are the possible side effects of ENBREL®?

ENBREL® can cause serious side effects, including:

See "What is the most important information I should know about ENBREL®?"

- **Infections.** ENBREL® can make you more likely to get infections or make any infection that you have worse. Call your doctor right away if you have any symptoms of an infection. See "Before starting ENBREL®, be sure to talk to your doctor" for a list of symptoms of infection.
- **Hepatitis B infection** in people who carry the virus in their blood. If you are a carrier of the hepatitis B virus (a virus that affects the liver), the virus can become active while you use ENBREL®. Your doctor may

do a blood test before you start treatment with ENBREL® and while you use ENBREL®.

- **Nervous system problems.** Rarely, people who use TNF blocker medicines have developed nervous system problems such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes. Tell your doctor right away if you get any of these symptoms: numbness or tingling in any part of your body, vision changes, weakness in your arms and legs, and dizziness.
- **Blood problems.** Low blood counts have been seen with other TNF blocker medicines. Your body may not make enough of the blood cells that help fight infections or help stop bleeding. Symptoms include fever, bruising or bleeding very easily, or looking pale.
- **Heart failure** including new heart failure or worsening of heart failure you already have. New or worse heart failure can happen in people who use TNF blocker medicines, like ENBREL®, if you have heart failure your condition should be watched closely while you take ENBREL®. Call your doctor right away if you get new or worsening symptoms of heart failure while taking ENBREL® such as shortness of breath or swelling of your lower legs or feet.
- **Psoriasis.** Some people using ENBREL® developed new psoriasis or worsening of psoriasis they already had. Tell your doctor if you develop red scaly patches or raised bumps which may be filled with pus. Your doctor may decide to stop your treatment with ENBREL®.
- **Allergic reactions.** Allergic reactions can happen to people who use TNF blocker medicines. Call your doctor right away if you have any symptoms of an allergic reaction. Symptoms of an allergic reaction include a severe rash, a swollen face, or trouble breathing.
- **Autoimmune reactions, including:**
 - ✓ **Lupus-like syndrome.** Symptoms include a rash on your face and arms that gets worse in the sun. Tell your doctor if you have this symptom. Symptoms may go away when you stop using ENBREL®.
 - ✓ **Autoimmune hepatitis.** Liver problems can happen in people who use TNF blocker medicines, including ENBREL®. These problems can lead to liver failure and death. Call your doctor right away if you have any of these symptoms: feel very tired, skin or eyes look yellow, poor appetite or vomiting, pain on the right side of your stomach (abdomen).

Common side effects of ENBREL® include:

- **Injection site reactions** such as redness, swelling, itching, or pain. These symptoms usually go away within 3 to 5 days. If you have pain, redness or swelling around the injection site that doesn't go away or gets worse, call your doctor.
- **Upper respiratory infections** (sinus infections)
- **Headache**

These are not all the side effects with ENBREL®. Tell your doctor about any side effect that bothers you or does not go away.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store ENBREL®?

- Store ENBREL® in the refrigerator at 36° to 46°F (2° to 8°C).
- Do not freeze.
- Do not shake.
- Keep ENBREL® in the original carton to protect from light.
- Keep ENBREL® and all medicines out of the reach of children.

General information about ENBREL®

Medicines are sometimes prescribed for purposes not mentioned in a Medication Guide. Do not use ENBREL® for a condition for which it was not prescribed. Do not give ENBREL® to other people, even if they have the same condition. It may harm them.

This Medication Guide summarizes the most important information about ENBREL®. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about ENBREL® that was written for healthcare professionals. For more information call 1-888-4ENBREL (1-888-436-2735).

What are the ingredients in ENBREL®?

Single-use Prefilled Syringe and the Single-use Prefilled SureClick Autoinjector:

Active Ingredient: etanercept

Inactive Ingredients: sucrose, sodium chloride, L-arginine hydrochloride and sodium phosphate

Multiple-use Vial:

Active Ingredient: etanercept

Inactive Ingredients: mannitol, sucrose, tromethamine.

1XXXXXX-v3

Issue Date: 11/2009

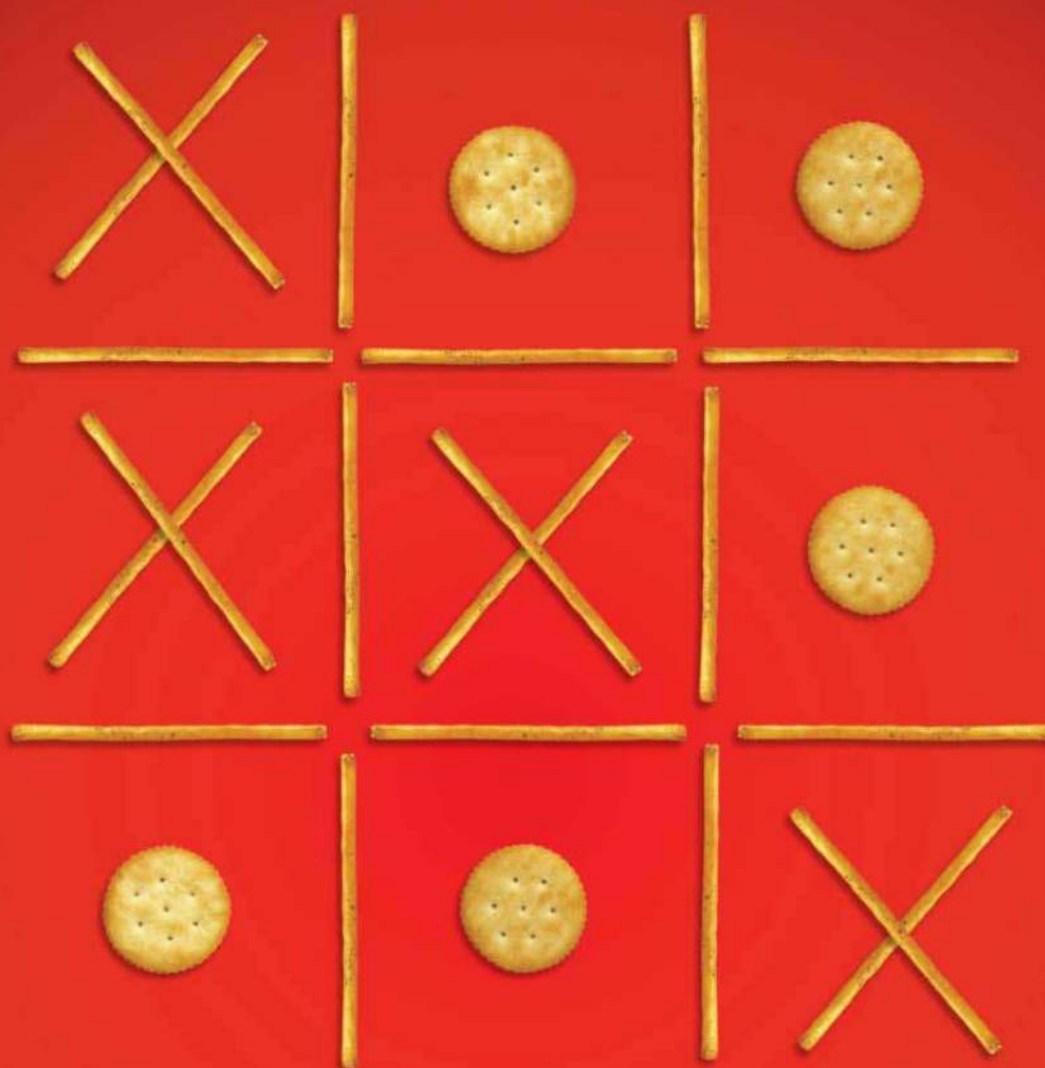
This Medication Guide has been approved by the U.S. Food and Drug Administration.

AMGEN Manufactured by Immunex Corporation
Thousand Oaks, CA 91320

Pfizer Manufactured by
Amgen Inc. and Pfizer Inc.

www.enbrel.com

©2010 Amgen Inc., Thousand Oaks, CA 91320 and Pfizer Inc. All rights reserved.



When Pringles makes a **tasty** cracker, almost everyone wins.



10 packs per box. 90 calories per pack.
everything **pops** with pringles



Longer loops make this towel soft and extra absorbent.
The price makes it extra nice.

Canopy™

Real life quality.
Real life price.™

canopyliving.com



Only at
Walmart
Save money. Live better.



The "Spark" Design ®, Walmart and Save money. Live better. are marks and/or registered marks of Wal-Mart Stores, Inc. © 2010 Wal-Mart Stores, Inc.

Home ideas, quick recipes,
easy entertaining & more

Living



Think inside the box

Boxed wines have come a long way since the days of cheap, bland blushes. Vintners have discovered that they can keep tasty, quality wine fresh for weeks after the first pour with new box technology. An interior bag collapses to prevent oxidation during dispensing, so you can keep a box on hand for cooking or occasional sipping. And most boxes hold the equivalent of four bottles of wine, so they're perfect for parties. We love the California varietals from Black Box Wines, the selection of artisan wines from Octavin, and the Italian wines from Venetian vineyards from Duca del Frassino.

Octavin Home Wine Bar, starting at \$22 for 3 liters; octavinhomewinebar.com for info. **Black Box wines**, starting at \$22 for 3 liters; blackboxwines.com for info. **Duca del Frassino**, \$20 for 3 liters; cantinasoaveusa.com for info.



Patio pick-me-up

Forgot to pull in the patio furniture this winter? It's okay—you can rescue your rusted iron, steel, and metal tables and chairs (just don't let it happen again!). Here's how: Prep the surface with water and mild soap, then rub with a fine-grit sandpaper to remove rust. Wipe clean with a tack cloth to pick up any residue from sanding, then break out the paint. You can use any all-weather metal paint, but we like Krylon Outdoor Spaces spray paint because it's easy to use, protects against weathering, and comes in a fun range of colors. **Krylon Outdoor Spaces Satin Finish**, \$5.50; sears.com.



Get in the swing

Move over, hammock—we've just spotted the hottest seat of the season. This cobalt hanging chair (also available in white) is great if you're short on horizontal space, and it's a dream for anyone looking to catch up on summer reading. Made of a durable plastic weave, it's perfect for the porch, yard, or wherever you decide you want to steal some solo swing time. **Ikea PS Svenga hanging seat**, \$70; ikea.com for stores.



Summer snow storm

Now you can whip up an icy-cold boardwalk treat at home, anytime: The Electric Ice Shaver by Back to Basics dishes out soft, fluffy ice for a classic snow cone. Top it with your favorite syrup—like watermelon, blue raspberry, or cherry—or even use it as a base for a margarita!

Electric ice machine, \$20, syrups, \$2.50 each; target.com for stores.

Living

Go Greek!





menu

Grilled butterflied
leg of lamb with
piperonata

■
Toasted orzo
with parsley

■
Snap bean-corn
salad with yellow
tomato vinaigrette

■
Grilled Haloumi
cheese and
watermelon salad

■
Heirloom tomato
Greek salad

■
Grilled vegetable
meze platter with
carrot tzatziki

■
Roasted beet and
olive salad with
orange and mint

■
Apricot-yogurt
semifreddo with
salted pistachio
brittle

■
Greek white
sangria

Kick off summer with a backyard
party and a delicious array of easy-to-
make Mediterranean eats.

By Frank P. Melodia Photographed by Jonny Valiant

Turn the page
for these
delicious recipes





Snap bean-corn salad with yellow tomato vinaigrette

Prep time: 15 minutes Cooking time: 5 minutes

VINAIGRETTE

- 1 (6-oz) ripe yellow tomato, coarsely chopped
- ¼ cup extra-virgin olive oil
- 3 Tbsp white balsamic vinegar
- 1 tsp kosher salt

- ½ tsp freshly ground black pepper
- 1 shallot, minced
- 1 fresh red chile (jalapeño or Fresno), seeded, minced

SALAD

- 1 lb green beans, trimmed

- 1 lb yellow wax beans, trimmed
- 2 large ears fresh corn, kernels removed (about 1½ cups)
- 2 Tbsp snipped fresh dill fronds

1. **Vinaigrette:** Puree tomato, oil, vinegar, salt, and pepper in blender until emulsified; transfer to a bowl. Stir in shallot and chile.
2. **Salad:** Cook green and yellow beans in a large pot of lightly salted boiling water until crisp-tender, about 4 minutes. Stir in corn; continue to cook 1 minute longer. Drain in a colander; rinse beans and corn under cold water to cool. Pat dry with paper towels.
3. Place bean mixture in a large serving bowl; add vinaigrette and dill and toss to dress.

Makes 12 servings (8 cups).

Each (⅔-cup) serving: 92 cal, 5g fat, 2g protein, 12g carb



Grilled Haloumi cheese and watermelon salad

Prep time: 15 minutes Cooking time: 4 minutes

- 2 limes
- 1 large clove garlic, crushed through a press
- 1 red or green jalapeño chile, seeded, minced
- ¼ tsp each kosher salt and sugar
- 6 Tbsp extra-virgin olive oil
- 2 Tbsp nonpareil capers
- 4 lbs seedless mini red and yellow watermelon, quartered lengthwise, cut into thin slices
- 1 (8.8-oz) pkg Haloumi cheese
- ½ cup spicy fresh sprouts (such as arugula or radish sprouts)

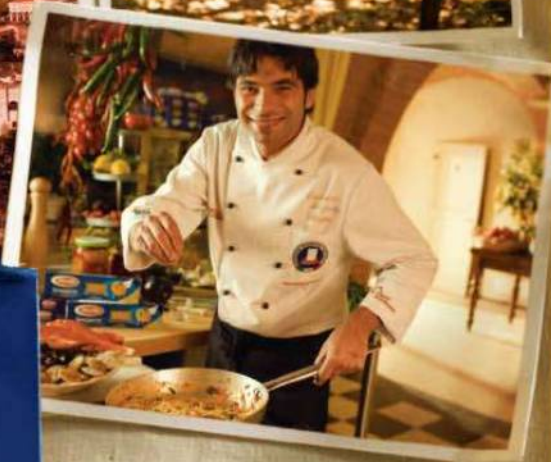


1. Prepare an outdoor gas grill or prepare coals for a charcoal grill for direct grilling over medium-high heat. Brush cooking grates clean and oil grill rack.
2. Grate the zest from 1 lime; juice limes. In a small bowl, whisk lime zest and juice, garlic, chile, salt, and sugar until sugar is dissolved; whisk in ¼ cup of the oil until emulsified, then stir in capers. Arrange watermelon slices on a large platter.
3. Halve Haloumi cheese diagonally, then cut each triangle, cut side down, into 3 thin slices. Brush cheese slices with remaining oil. Grill Haloumi 2 minutes per side, until cheese is golden and grill-marked and has softened. Halve cheese slices and scatter over watermelon. Spoon dressing over salad and top with sprouts. Serve immediately.

Makes 10 servings.

Each serving: 184 cal, 15g fat, 6g protein, 8g carb

ROAD TO POSITANO



SPAGHETTI

I ALWAYS IMAGINED HEAVEN WAS HIGH ABOVE THE CLOUDS.
Now I realize
IT'S JUST SOUTH OF SORRENTO.

We traveled through steep cliffs lined with lemon groves and grape vines until we reached Positano. In the middle of town we discovered a small restaurant bustling with activity. Intrigued, I asked the server how they'd become so popular. She smiled and pointed to a shelf filled with Barilla pasta.

www.DiscoverBarilla.com

Barilla Spaghetti with clams

Ingredients

Barilla Spaghetti	1 box
Fresh little neck clams	Approx 50
Garlic	2 cloves
Red pepper flakes	1/2 tsp
Extra virgin olive oil	6 tbsp
Dry white wine	1/2 cup
Fresh Italian parsley	1/2 cup
Crushed tomatoes	1 28 oz can
Sea salt	To taste

For the complete recipes visit
DiscoverBarilla.com



The Choice of Italy.



Go Greek!

Heirloom tomato Greek salad

Prep time: 15 minutes Cooking time: 0

DRESSING

- 3 Tbsp red wine vinegar
- 2 anchovies, finely minced
- 1 clove garlic, crushed through a press
- 2 Tbsp chopped fresh oregano leaves
- 2 Tbsp finely chopped pitted kalamata olives
- ¼ tsp freshly ground black pepper
- ⅓ cup extra-virgin olive oil

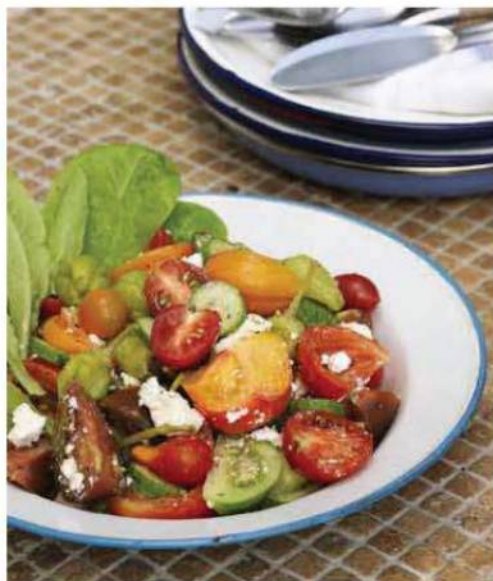
SALAD

- 2½ lbs mixed heirloom tomatoes, cut into chunks
- 4 mini seedless cucumbers, thinly sliced
- 1 small red onion, thinly sliced
- 1 (12-oz) jar peperoncini (small green hot peppers), drained
- 1 cup crumbled Greek feta cheese
- 2 small heads baby Romaine or Bibb lettuce, separated into leaves

1. **Dressing:** Whisk vinegar, anchovies, garlic, oregano, olives, and pepper in a medium bowl until combined. Slowly whisk in olive oil until emulsified. Set aside.
2. **Salad:** In a large mixing bowl, combine tomatoes, cucumbers, onion, peperoncini, and feta; add dressing and toss.
3. Arrange lettuce leaves on a serving platter. Top with tomato salad.

Makes 10 servings.

Each serving: 152 cal, 11g fat, 4g protein, 9g carb



Grilled vegetable meze platter with carrot tzatziki

Prep time: 30 minutes Cooking time: 30 minutes

CARROT TZATZIKI

- ½ lb carrots (orange, red, or yellow), peeled, finely shredded (1 cup)
- 2 cloves garlic, crushed through a press
- 3 Tbsp extra-virgin olive oil
- 1½ cups reduced-fat Greek yogurt

Grated zest and juice of

- 1 lemon
- 2 Tbsp chopped fresh basil
- ¼ tsp each kosher salt and black pepper

MEZE

- 8 baby artichokes (1 lb total)
- ¼ cup extra-virgin olive oil

- 8 baby eggplants (1 lb total), halved lengthwise
- 8 baby carrots, scrubbed, halved lengthwise
- 8 baby summer squash (1 lb total), trimmed, halved lengthwise
- 1 tsp each kosher salt and black pepper

1. **Tzatziki:** Gently stir together all ingredients in a medium bowl until combined; transfer to a serving bowl. Let stand at room temperature while preparing vegetables.
2. **Meze:** Place a steaming basket in a large saucepan with a tight-fitting lid; fill with 1 inch of water and bring to a boil. Remove tough outer leaves from artichokes and cut ½ inch off the tops. Trim stem ends and lightly peel. Place artichokes, stem ends up, in steaming basket. Cover; steam until tender, about 12 minutes. Remove artichokes with tongs to a cutting board and cool. Halve artichokes lengthwise.
3. Prepare an outdoor gas grill or prepare coals for a charcoal grill for direct grilling over medium-high heat. Brush cooking grates clean; oil grill rack. Lightly brush vegetables with oil and grill, in batches, 4 to 8 minutes, turning frequently, until just tender.
4. Transfer vegetables to a platter and season with salt and pepper. Serve with carrot tzatziki.

Makes 10 servings.

Each serving: 159 cal, 11g fat, 6g protein, 14g carb

Oscar
Mayer

Let it rain all it wants.

100% chance of smiles. Introducing Oscar Mayer Selects hot dogs. Made with 100% pure beef and no nitrates or nitrites except those naturally occurring in celery juice.



**it doesn't
get better
than this**



Grilled butterflied leg of lamb with piperonata

Prep time: 20 minutes Marinating time: 1 day Cooking time: 30 minutes

15 large cloves garlic	2 tsp kosher salt	1 butterflied boneless
¼ cup chopped fresh oregano leaves	Grated zest of 1 small orange and 1 small lemon	leg of lamb (about 5 lb), excess fat trimmed
1½ Tbsp chopped fresh rosemary leaves	2 Tbsp extra-virgin olive oil	½ tsp freshly ground black pepper
2 dried bay leaves, crumbled		Piperonata (recipe, right)

1. In a large heavy mortar with pestle, pound garlic, oregano, rosemary, bay leaves, and salt until a paste forms; stir in zests and oil until combined.
2. Season lamb all over with pepper and rub with garlic paste, spreading it evenly into all of the crevices. Place lamb in a large food storage bag; refrigerate at least 8 hours or up to 1 day before grilling.
3. Let lamb sit at room temperature for 1 hour before grilling. Prepare an outdoor gas grill or prepare coals for a charcoal grill for direct grilling over medium-high heat. Brush cooking grates clean; oil grill rack. Insert 2 or 3 long metal skewers horizontally through the lamb for easier turning. Grill lamb, turning as needed, 30 minutes or until an instant-read thermometer inserted in its thickest part registers 135°F for medium-rare.
4. Transfer lamb to a cutting board; let rest 10 minutes. Carve meat across the grain into thin slices and arrange on a serving platter. Serve with piperonata.

Makes 10 servings.

Each serving: 313 cal, 14g fat, 42g protein, 2g carb

Piperonata (slow-cooked peppers and onions)

Prep time: 10 minutes Cooking time: 35 minutes

¼ cup extra-virgin olive oil	2 cloves garlic, minced
2 large onions, halved, cut into thin slices	3 Tbsp red-wine vinegar
3 lbs mixed bell peppers (red, yellow, and orange), halved, seeded and cut into thin strips	¼ tsp hot red pepper flakes
	3 Tbsp chopped parsley

1. Heat oil in a large skillet over low heat; add onions and cook until translucent and softened, about 10 minutes. Add peppers and garlic; toss until coated. Continue to cook, stirring occasionally, 22 to 25 minutes, until peppers are very tender.
2. Transfer to a bowl; stir in remaining ingredients. Let cool to room temperature.

Makes 12 servings (3 cups).

Each (¼-cup) serving: 79 cal, 5g fat, 1g protein, 9g carb

Toasted orzo with parsley

Prep time: 5 minutes Cooking time: 15 minutes

3 Tbsp extra-virgin olive oil	1 tsp kosher salt
1 lb orzo pasta	½ tsp freshly ground black pepper
2½ cups low-sodium chicken broth	¼ cup chopped flat-leaf parsley
2 Tbsp unsalted butter	

1. Heat oil in a large deep skillet over medium heat until oil is shimmering; add orzo. Toast, stirring frequently, until some of the orzo is golden brown, about 3 to 5 minutes.
2. Add broth and bring to a boil; reduce heat to low, cover, and simmer until orzo is just tender and broth is absorbed, about 12 minutes.
3. Remove from heat; let stand 5 minutes. Uncover; stir in butter, salt, pepper, and parsley.

Makes 12 servings (6 cups).

Each (½-cup) serving: 191 cal, 6g fat, 6g protein, 29g carb

Because you *never outgrow* the deliciousness
of *chocolate, caramel and brownies.*



New **Chocolate Caramel Brownie.** Decadence at 160 calories.

Only from Breyers® Smooth & Dreamy.™

Pure **JOY**



Go Greek!

Roasted beet and olive salad with orange and mint

Prep time: 15 minutes Cooking time: 1 hour

- | | | |
|---|--|--|
| 6 medium beets (red and golden) without tops (2 lb total), rinsed | 2 cloves garlic, crushed through a press | 1 cup oil-cured black olives |
| 3 Tbsp each extra-virgin olive oil and white balsamic vinegar | 1 tsp kosher salt | 1 navel orange, thinly sliced, slices cut into small triangles |
| | ½ tsp freshly ground black pepper | 2 Tbsp fresh mint leaves |
| | ¼ tsp ground allspice | |

1. Heat oven to 400°F. Wrap red and golden beets separately in foil packets. Roast 1 hour or until tender. Cool to room temperature. Peel beets; cut into ¾-inch dice.
2. In a large serving bowl, whisk oil, vinegar, garlic, salt, pepper, and allspice; add beets, olives, and orange triangles. Gently toss. Let marinate at room temperature for 1 hour before serving. Stir in mint before serving.

Makes 10 servings.

Each serving: 103 cal, 7g fat, 2g protein, 8g carb



Frank Melodia, REDBOOK's recipe master

Greek white sangria

Prep time: 10 minutes Cooking time: 0

- | | |
|---|--|
| 2 (750-ml) bottles dry white wine (like chenin blanc or chardonnay) | 1 cup apricot nectar |
| ½ cup orange liqueur (like Cointreau or triple sec) | ½ cup superfine sugar |
| ½ cup Greek brandy (like Metaxas) | 2 each lemons, limes, and oranges, thinly sliced, seeded |
| | 2 cups club soda |
| | Fresh mint sprigs |

1. Combine wine, liqueur, brandy, apricot nectar, and sugar in a large 4-quart glass jar and mix well to dissolve sugar. Stir in sliced fruit.
2. Refrigerate for several hours until well chilled, or preferably overnight, for flavors to blend.
3. When ready to serve, stir in club soda and mint sprigs.

Makes about 12 cups.

Each (¾-cup) serving: 151 cal, 0g fat, 0g protein, 17g carb



ADVERTISEMENT

IT'S BEEN
10 YEARS OF
INSPIRATION.

Here's to Many More!

HOME
made simple®
fresh ideas to make your own

on HomeMadeSimple.com

Discover hundreds of
ideas for turning the place you
live into the place you love.

on facebook

Join the community, connect
with others & post your own
creative thoughts & photos.

in Your Home

From coupon booklets to
magazines, we send our favorite
tips & tricks right to you.

on TLC

Watch as our Home Mavens help
families beautify & simplify every
Saturday at 12 Noon / 11 CST.



Patrick, Home Maven



Wanda, Décor Maven



Deborah, Cooking Maven



spread
a little
tongue
waggin',

Make your pasta more primo when you stir in $\frac{1}{2}$ cup of Philly.



spread a little 

spreadphilly.com

Apricot-yogurt semifreddo with salted pistachio brittle

Prep time: 1 hour Freezing time: 8 hours
Cooking time: 40 minutes

BRITTLE

- | | |
|---|--------------------------------------|
| 2 cups granulated sugar | 2 cups plain whole-milk Greek yogurt |
| 1 cup light corn syrup | 2 large egg whites |
| ½ cup water | ¼ cup granulated sugar |
| 2 Tbsp unsalted butter | 1 cup chilled heavy cream |
| ¾ tsp almond extract | ¼ cup confectioners' sugar |
| 2 cups shelled unsalted pistachios, very coarsely chopped | |
| 1¼ tsp baking soda | |
| 1 tsp flaked sea salt (such as Maldon) | |

SEMIFREDDO

- | | |
|--|--|
| 1½ lbs fresh ripe apricots, halved, pitted | FRUIT IN WINE SYRUP |
| ½ cup honey | 1 lb firm-ripe apricots, halved, pitted |
| | 1 lb firm-ripe figs, halved |
| | 1 cup orange muscat wine or other sweet dessert wine |
| | ½ cup apricot nectar |
| | ¼ cup each honey and granulated sugar |

- 1. Brittle:** Line 2 large baking sheets with nonstick foil. Stir sugar, corn syrup, and water in a large heavy saucepan to combine. Cover; heat to boiling over high heat. Uncover; attach a candy thermometer to side of pan. Boil on medium heat, without stirring, until mixture registers 305°F, about 30 minutes. Remove from heat; immediately stir in butter, extract, pistachios, and baking soda (mixture will bubble up). Working quickly, pour mixture onto baking

sheets; spread evenly with an offset metal spatula and immediately sprinkle with sea salt. Cool; when firm, break into large uneven pieces and store in an airtight container. (Can be made 1 week ahead.) Coarsely chop enough brittle to measure ¾ cup for the semifreddo.

- 2. Semifreddo:** Line a 9x5x3-inch metal loaf pan with 2 layers of plastic wrap, leaving a generous overhang on all sides. Cut enough apricot halves into a ¼-inch dice to measure ¾ cup; set aside. Chop remaining apricots and combine with honey in a medium saucepan and bring to a boil; boil 2 minutes, stirring constantly. Remove from heat; puree in a food processor. Scrape mixture into a small bowl; freeze 20 minutes to cool. Put yogurt into a large bowl; fold in apricot puree.
- 3.** Beat egg whites in a large bowl on medium speed until soft peaks form. Gradually beat in granulated sugar; increase speed to high and beat until stiff peaks form; fold into yogurt mixture. Using the same bowl and beaters, beat cream and confectioners' sugar until stiff yet billowy peaks form; fold into yogurt mixture.
- 4.** Spread half of the yogurt mixture into an even layer in prepared pan; sprinkle with reserved diced apricots and chopped brittle. Spread remaining yogurt mixture over top (pan will be very full and mixture will



extend over top of pan). Fold plastic-wrap overhang over semifreddo to cover. Freeze overnight. (Can be made 2 days ahead; keep frozen.)

- 5. Fruit in wine syrup:** Put apricots and figs in a glass bowl; set aside. Bring wine, nectar, honey, and sugar to a boil in a small heavy saucepan over medium-high heat, stirring occasionally. Simmer mixture until syrupy, about 4 minutes. Pour syrup over fruit in bowl; cool completely. (Can be made 8 hours ahead, covered, and refrigerated.)
- 6.** To serve, lift semifreddo from pan by plastic-wrap overhang and invert onto cutting board. Remove plastic wrap. Dip a knife into hot water, wipe dry, and cut semifreddo crosswise into ¾-inch-thick slices, dipping knife into water and wiping dry as needed. Place 1 slice on each plate with some poached apricots and figs. Spoon some wine syrup over fruit and serve with pieces of brittle.

Makes 12 servings.
Each serving: 656 cal, 21g fat, 9g protein, 112g carb

spread a little littler philly

Anytime, anyplace with new Philly Minis 4-packs available in four delicious flavors.



new size!

Get the look

Dreaming of a Mediterranean getaway? You can transform your backyard into a sunny island escape.

Just coasting

Catch drips from that icy white sangria with an all-natural terra-cotta and rattan combo.

Terra-cotta coasters, \$2.50 each; pier1.com for stores.



On the rocks

We're wild for these cobalt polycarbonate glasses adorned with a Mediterranean floral motif. The exotic design is inspired by embossed pieces you'd find while dining on the Amalfi coast.

Le Cadeaux polycarbonate water glasses, \$16 for 4; amazon.com.

Guiding light

Set a romantic patio mood with this woven rattan lantern.

6.5-inch-tall spun-rattan lantern, \$29; westelm.com.



Two's company

You want to catch up on your reading; he prefers to catch some z's. This is the perfect compromise piece.

Martha Stewart Living double chaise, \$399, and Sunbrella Dolce Mango stripe outdoor cushions, \$103 each; homedecorators.com.



Cutting edge

Store utensils in a chic rattan caddy built to separate the knives from the forks. The sleek silver handle makes it a cinch to grab on the go.

Cindy Crawford Style for JCPenney Fauna rattan utensil caddy, \$25; jcp.com.





Catch of the day

Break out the fishnets to work some texture onto your table. Layer a loosely woven abaca twine over your traditional linens. Net table topper, \$29; potterybarn.com. Linden teal tablecloth, \$30, and napkin, \$4; crateandbarrel.com. Seashell cluster napkin ring, \$3; bedbathandbeyond.com. Melamine plate, \$2.50; target.com.



Make a splash

Cocktails get an extra shot... of blue, that is! Thanks to the acrylic, there's no worrying about breakage. Bubble aqua wine glass, \$4; crateandbarrel.com.



Shady lady

Got a taste for a seaside meal? Pop this straw cover on top of your patio umbrella for instant island intrigue. Straw umbrella cover, \$45; kohls.com.



Marine life

Even your salt and pepper shakers can be sea-worthy. Shake things up on the table with these handblown glass vessels covered with clusters of mini pin-dot scales. Sea urchin salt and pepper, \$21; seasideinspired.com.



Full service

This 18-inch round wicker tray with strappy leather handles carries the veggies and carrot tzatziki from grill to table. Wicker tray, \$20; worldmarket.com.



Spontaneous seating

Company's coming! Add a burst of color around the table with these stackable, epoxy-coated steel folding chairs. Cannes folding chair, \$176 for 4; inmod.com.



**We measure.
You create!**



Pre-measured spices



Recipe card



Delicious meal



Introducing McCormick® Recipe Inspirations™,
with recipe card and pre-measured spices included.

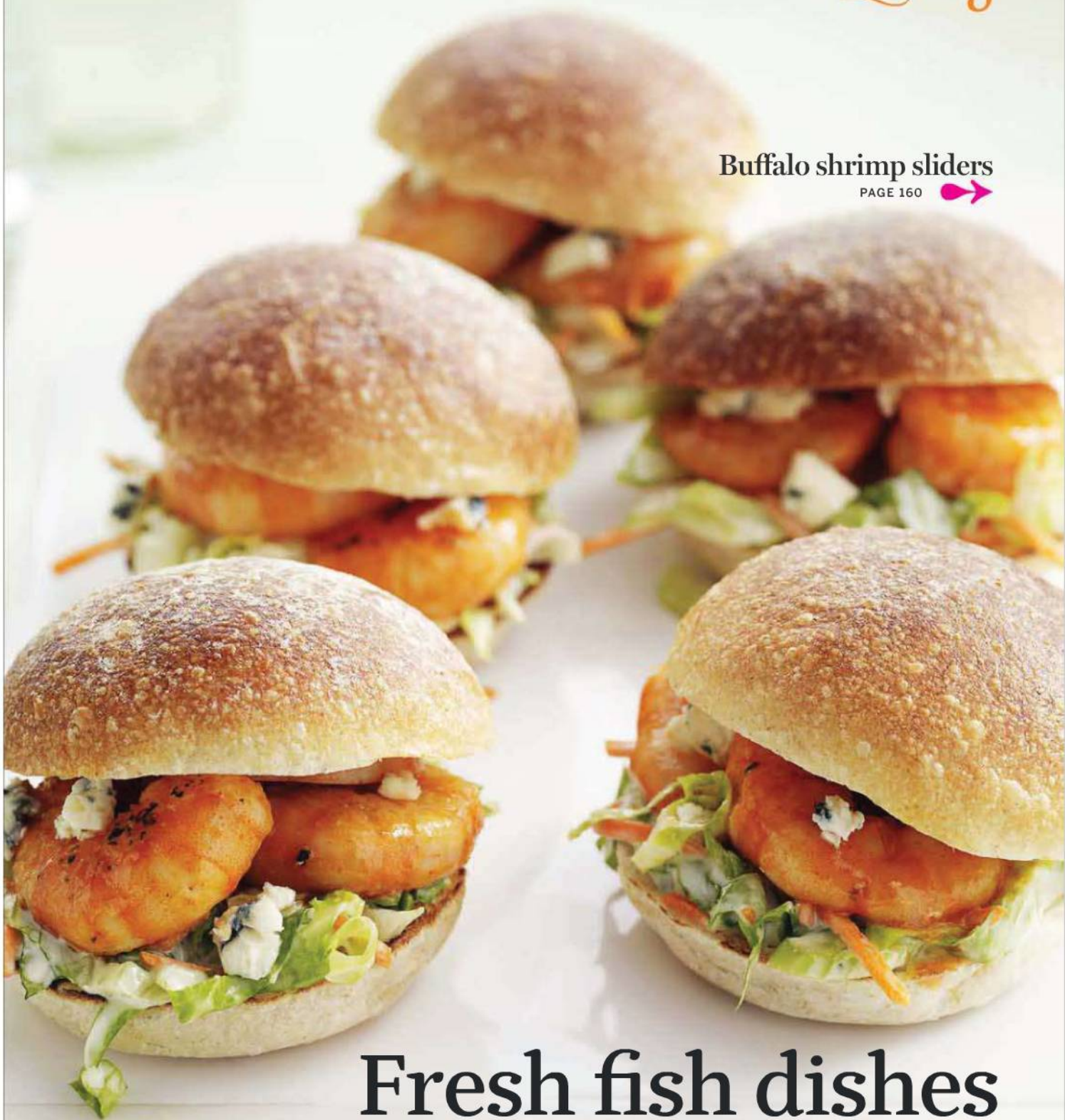
For more great-tasting recipes, visit mccormick.com or call 1-800-MEAL-TIPS

©2010 McCormick & Co., Inc.



Buffalo shrimp sliders

PAGE 160



Fresh fish dishes

You'll make a big splash at dinner with these simple
(and superfast) seafood suppers.

By Frank P. Melodia

Fresh fish dishes

Buffalo shrimp sliders

Prep time: 10 minutes Cooking time: 5 minutes

- | | |
|---|--|
| 8 (3-inch) soft dinner rolls, split | 2 Tbsp unsalted butter, softened |
| 1 small heart romaine lettuce, finely shredded (2 cups) | 1 lb medium shrimp, peeled, deveined |
| 1 celery stalk, halved lengthwise, thinly sliced | 3 Tbsp hot-pepper sauce (like Frank's) or Buffalo-wing sauce |
| $\frac{1}{3}$ cup shredded carrots | $\frac{1}{4}$ cup crumbled blue cheese |
| 3 Tbsp blue-cheese dressing | |

1. Heat the broiler. Place dinner rolls, cut side up, on a baking sheet. Place under broiler and lightly toast, turning baking sheet to toast rolls evenly.
2. In a medium bowl, toss lettuce, celery, and carrots with dressing. Divide the mixture over the bottom halves of the rolls.
3. Coat a large nonstick skillet with cooking spray and place over medium-high heat. When pan is hot, add 1 Tbsp of the butter and shrimp; sauté 2 minutes or until shrimp are almost cooked through.
4. Add remaining 1 Tbsp butter and hot sauce to skillet; continue to cook, stirring shrimp in "Buffalo" sauce with a slotted spoon, until cooked through, about 1 minute. Spoon shrimp and sauce over lettuce mixture, sprinkle with blue-cheese crumbles, and place roll tops, toasted side down.

Makes 4 servings.

Each serving: 403 cal, 19g fat, 26g protein, 32g carb



Crab cakes with tropical salad

Prep time: 15 minutes Cooking time: 10 minutes

CRAB CAKES

- $\frac{1}{2}$ cup light mayonnaise
- 1 large egg
- $1\frac{1}{2}$ tsp each curry powder, Worcestershire sauce, and grainy mustard
- $\frac{1}{2}$ tsp each kosher salt and freshly ground black pepper
- $\frac{1}{3}$ cup finely diced red bell pepper

- $\frac{1}{4}$ cup snipped fresh chives or chopped scallions

- 1 lb lump crabmeat, picked over for shells and cartilage
- $1\frac{1}{4}$ cups panko (Japanese breadcrumbs)

TROPICAL SALAD

- 1 ripe mango (about 1 lb)

- 1 ripe red-fleshed papaya (about 1 lb)
- 1 ripe Haas avocado
- 2 Tbsp each minced red onion, chopped cilantro, and lime juice
- $\frac{1}{2}$ tsp kosher salt
- 1 bunch watercress, separated into sprigs
- 3 Tbsp canola oil

1. **Crab cakes:** Whisk mayonnaise, egg, curry powder, Worcestershire sauce, mustard, salt, and pepper until blended. Gently stir in bell pepper, chives, and crabmeat; sprinkle $\frac{1}{2}$ cup of the panko over the mixture and fold in. Put remaining panko on a plate. Place rounded $\frac{1}{3}$ cup of the crab mixture in a loose mound in crumbs; pat just enough crumbs over the top to hold the mixture together and shape into a 3-inch cake. Place on waxed paper. Shape 7 more cakes. Refrigerate while preparing salad.
2. **Tropical salad:** Pit and peel mango, cut into chunks, and place in a medium bowl. Halve, seed, and peel papaya; cut into chunks and add to bowl. Pit and peel avocado, cut into chunks, and add to bowl with onion, cilantro, lime juice, salt, and watercress; do not toss yet.
3. In a large nonstick skillet, heat $1\frac{1}{2}$ Tbsp of the oil over medium heat. Add 4 cakes; fry 5 minutes, turning once, until golden and crisp. Drain on paper towels. Add remaining oil to skillet; fry remaining 4 cakes. Toss salad; divide over 4 plates and serve each with 2 crab cakes.

Makes 4 servings.

Each serving: 511 cal, 39g fat, 22g protein, 39g carb

Lobster BLT club

Prep time: 10 minutes Cooking time: 8 minutes

CITRUS MAYONNAISE		12 (½-inch-thick) slices
¾ cup light mayonnaise		brioche or challah
¼ tsp each grated lime and lemon zest		bread
1½ tsp each lime and lemon juice	1 lb cooked lobster	meat, cut into bite-size pieces
¼ tsp each kosher salt and pepper	¼ tsp kosher salt	
CLUB SANDWICH	8 small Boston lettuce leaves	
8 slices smoked bacon	8 thin slices tomato	

- 1. Citrus mayonnaise:** Combine all mayonnaise ingredients in a small bowl until blended.
- 2. Sandwich:** Cook bacon in a large nonstick skillet over medium heat until crisp, about 8 minutes, turning once. Drain on paper towels.
- While bacon is cooking, heat broiler. Place bread slices on a baking sheet and place under broiler until first side is lightly toasted, turning sheet pan as bread toasts. Turn slices over to toast other sides.
- In a medium bowl, combine lobster, 3 Tbsp of the citrus mayonnaise, and salt. Spread remaining mayonnaise on one side of bread slices.
- Place 4 lettuce leaves on mayonnaise side of 4 bread slices. Top with lobster. Place a second bread slice, mayonnaise side up, on top of lobster,



gently pressing down. Top with remaining lettuce leaves, 2 tomato slices, 2 strips bacon (folded to fit), and remaining 4 bread slices, mayonnaise side down. Press sandwiches together. Place 4 toothpicks into each sandwich; cut sandwiches diagonally into quarters.

Makes 4 servings.

Each serving: 692 cal, 29g fat, 39g protein, 66g carb



For every *Big Game Party*
there's a perfect *Town House™* recipe at your **fingertips.**

Find your perfect pairing at
snackpicks.com

©, ™, © 2010 Kellogg NA Co.





Barbecue-glazed salmon

Prep time: 8 minutes Cooking time: 8 minutes

- | | |
|--|---|
| 4 (¾-inch-thick)
skinless salmon fillets
(about 5 oz each) | 1 tsp grated, peeled
fresh ginger |
| 4 tsp purchased spice
rub for fish | ¼ tsp each ground cumin
and freshly ground
black pepper |
| ¼ cup chili sauce | ACCOMPANIMENTS: |
| 1½ Tbsp brown sugar | Corn on the cob,
coleslaw (optional) |
| 1 Tbsp each olive oil and
lemon juice | |

1. Rub salmon fillets all over with spice rub.
2. Position oven rack 4 inches from broiler element and heat to high.
3. In a small bowl, whisk chili sauce, brown sugar, olive oil, lemon juice, ginger, cumin, and pepper until blended; set aside.
4. Coat a large broiler-proof nonstick skillet with olive-oil cooking spray and place over medium-high heat. When skillet is hot, add salmon; cook 3 minutes undisturbed. Turn fillets; cook 1 minute longer. Remove skillet from heat and brush fillets with chili mixture. Place skillet under broiler; broil 3 to 4 minutes, until salmon is glazed and shiny and just opaque in the thickest parts. Serve with corn on the cob and coleslaw, if desired.

Makes 4 servings.

Each serving: 251 cal, 9g fat, 31g protein, 11g carb



For every Backyard BBQ
there's a perfect *Town House™* recipe at your **fingertips.**



Find your perfect pairing at
snackpicks.com

®, ™, © 2010 Kellogg NA Co.



Caesar-glazed flounder with pesto linguine

Prep time: 20 minutes Cooking time: 8 minutes

- | | | |
|-----------------------------------|--|--------------------------------------|
| 2½ Tbsp light mayonnaise | 1 small garlic clove, crushed through a press | ½ lb dried thin linguine |
| 1 Tbsp grated Parmesan cheese | 4 (5-oz) skinless flounder fillets, halved lengthwise | 1 pint mixed cherry tomatoes, halved |
| ½ tsp grated lemon zest | ½ tsp each kosher salt and freshly ground black pepper | ⅓ cup prepared pesto sauce |
| 1 Tbsp each lemon juice and water | | 2 Tbsp chopped parsley |
| ½ tsp anchovy paste | | |

1. Bring a large pot of lightly salted water to boil over high heat.
2. Meanwhile, in a small bowl, whisk mayonnaise, Parmesan, lemon zest and juice, water, anchovy paste, and garlic until blended. Set aside.
3. Position oven rack 4 inches from broiler element and heat to high. Spray a broiler-pan rack with nonstick cooking spray.
4. Season both sides of flounder with salt and pepper. Place fillet halves skinned side up on a work surface. Starting at the narrow end, roll up a fillet; transfer it to prepared broiler pan, seam side down. Roll up remaining fillet halves and arrange on broiler pan.
5. Add linguine to the boiling water and cook according to package directions until al dente, about 7 minutes. While pasta is cooking, broil flounder 6 minutes or until tops are lightly browned; remove from broiler. Spread tops of flounder rolls with mayonnaise mixture; broil until topping is golden brown and bubbling, 1½ to 2 minutes longer.
6. Drain pasta, reserving ½ cup of the pasta cooking water. Return pasta to pot; stir in tomatoes and pesto sauce until evenly coated, adding some of the cooking water to thin sauce if necessary. Divide pasta onto 4 plates and top each with 2 flounder rolls. Sprinkle with parsley.

Makes 4 servings.

Each serving: 480 cal, 15g fat, 37g protein, 49g carb



For every Graduation Party
there's a perfect **Town House™** recipe at your **fingertips.**

Find your perfect pairing at
snackpicks.com

©, ™, © 2010 Kellogg NA Co.



Could "Italian Night" at home
really be as much fun as **eating out?**

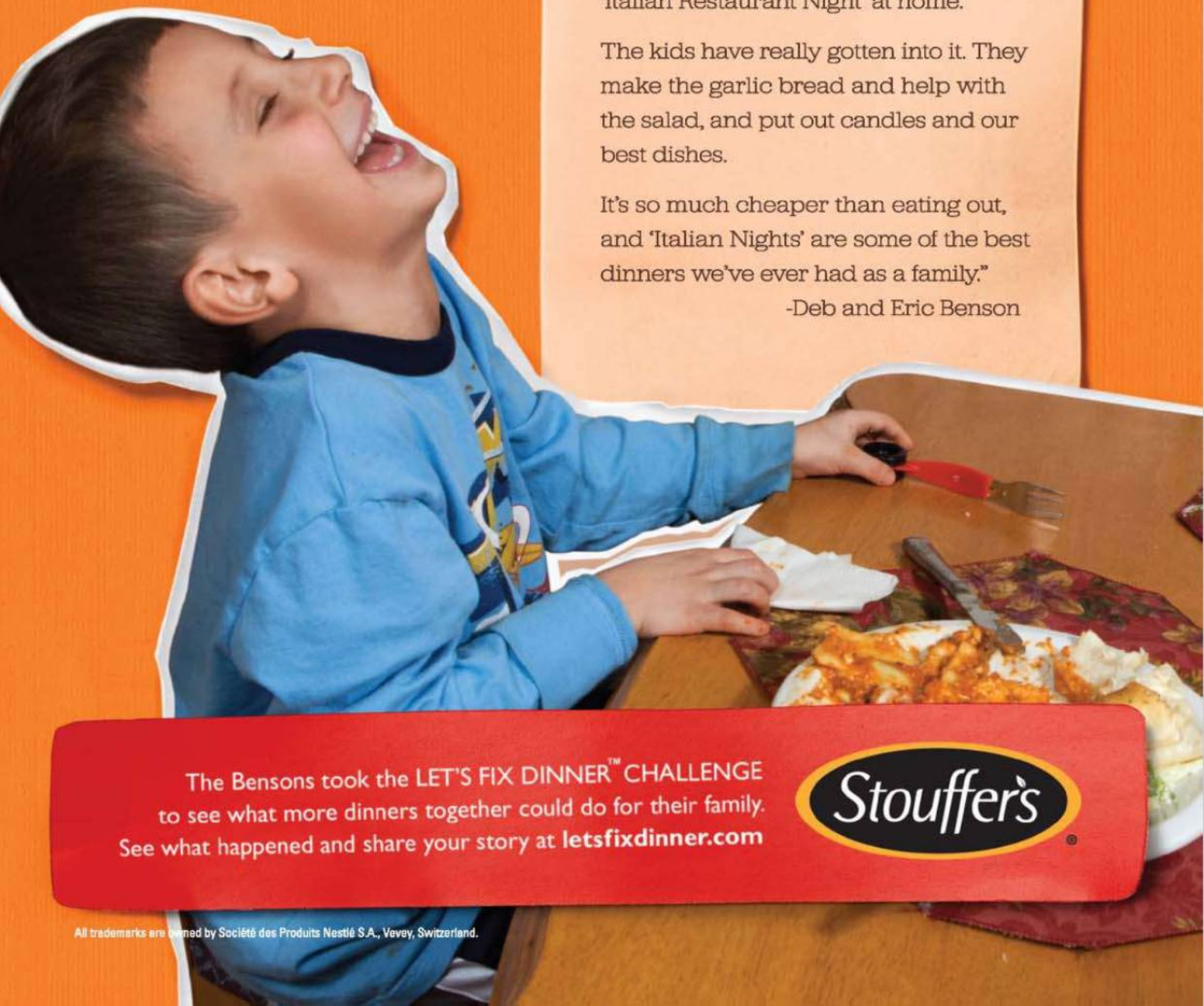


"We used to eat out a lot, but now we're cutting way back. So we started having 'Italian Restaurant Night' at home.

The kids have really gotten into it. They make the garlic bread and help with the salad, and put out candles and our best dishes.

It's so much cheaper than eating out, and 'Italian Nights' are some of the best dinners we've ever had as a family."

-Deb and Eric Benson



The Bensons took the LET'S FIX DINNER™ CHALLENGE to see what more dinners together could do for their family. See what happened and share your story at letsfixdinner.com



Fresh fish dishes



Provençale Arctic char

Prep time: 5 minutes Cooking time: 10 minutes

- | | | |
|--|---|---|
| 4 (¾-inch-thick) Arctic char fillets with skin (about 5 oz each), scaled | 1 (6-oz) zucchini, cut into ¼-inch-thick rounds | 1 large ripe beefsteak tomato, cut into 1-inch chunks |
| ¾ tsp kosher salt | 1 (6-oz) yellow summer squash, cut into ¼-inch-thick rounds | 4 sprigs fresh tarragon, about 4 inches long |
| ½ tsp freshly ground black pepper | ½ cup red and green Cerignola olives | 1 Tbsp white balsamic vinegar |
| 3 Tbsp olive oil | | 1 lemon, cut into 4 wedges |

- Season Arctic char fillets with ½ tsp of the salt and ¼ tsp of the pepper. Heat 1½ Tbsp of the oil in a large nonstick skillet over medium heat until shimmering; add fillets, skin side down. Cook, undisturbed, for 3 minutes. Turn fillets; cook 3 minutes longer for medium doneness. Transfer fillets to a serving plate.
- Add remaining oil to skillet; add zucchini, yellow squash, olives, tomato, and tarragon sprigs. Raise heat to high and sauté 3 minutes or until squash is crisp-tender. Stir in vinegar and remaining salt and pepper and continue to sauté, 1 minute longer.
- Spoon squash mixture onto plates and top with a fillet. Serve with lemon wedges.

Makes 4 servings.

Each serving: 310 cal, 19g fat, 25g protein, 9g carb



A favorite
that gets
everyone
to the table.



All trademarks are owned by Société des Produits Nestlé S.A., Vevey, Switzerland.

Hungry Girl's dynamite dessert duos

These 2-ingredient desserts are to die for—and guilt-free!



Creamy caramel freezies

Top each of six caramel-flavored mini rice cakes with a teaspoon of fat-free whipped topping, then place another rice cake on top. Line them on a freezer-safe dish or baking sheet and pop 'em in the freezer until firm. Think of these creamy, crunchy freezies as teeny-tiny ice cream sandwiches. Bite-size bliss!

Makes 1 serving.
100 cal, 1g fat, 3g protein, 18g carb, 0.5g fiber



Mini phyllo shells
+
Sugar-free pudding snacks

Mini cream pies

Prepare a 15-count box of frozen phyllo shells according to the package directions. Then take one 60-calorie pudding snack and spoon an equal amount of pudding into each shell. Wanna cheat and make it a threesome? Squirt a little fat-free whipped topping on top and quash your cravings for cream pie in seconds.

Makes 5 servings.
Each serving (without whip): 65 cal, 3g fat, 0.5g protein, 8.5g carb, 0.5g fiber



Yum-yum brownie muffins

Combine a 15-ounce can of pure pumpkin with a box of devil's food cake mix. Stir until blended. Pour the batter into a 12-cup muffin pan sprayed with nonstick spray, and bake at 400°F for 20 minutes. These chocolate muffins taste just like the real thing—but have a fraction of the fat and calories!

Makes 12 servings.
Each serving: 181 cal, 3.5g fat, 2g protein, 37g carb, 2g fiber

Canned pure pumpkin
+
Devil's food cake mix



Lisa Lillien, a.k.a. Hungry Girl, knows which foods taste great and keep the scale in check—and she wants to share her tips with you. For more hints, tricks, and recipes, sign up for daily emails at hungry-girl.com.



Flavors that get
your lettuce dancin'
on the salad bar.

Newman's Own® All-Natural Salad Dressings.

One taste of any of our twenty delicious flavors and your taste buds will be doing the tango, too. That's what happens when you make salad dressings with top-notch, no-nonsense, all-natural ingredients like extra virgin olive oil, cracked black pepper and real Parmesan cheese.

Now you've got your salad grooving.



ALL PROFITS TO CHARITY.

NEWMAN'S OWN FOUNDATION CONTINUES PAUL NEWMAN'S COMMITMENT TO DONATE ALL PROFITS TO CHARITY. OVER \$300 MILLION HAS BEEN GIVEN TO THOUSANDS OF CHARITIES SINCE 1982.

LEARN MORE ABOUT OUR MISSION AT WWW.NEWMANSOWNFOUNDATION.ORG.



HANDLES YOUR
SAUCIEST
CHEESIEST
STEAMIEST
HEAVIEST
MESSIEST
MEALS



10x
STRONGER
THAN PLAIN
PAPER PLATES*

*than the leading 9 inch plain white uncoated paper plates

© 2010 Dixie Consumer Products LLC. All rights reserved. Dixie Ultra, Soak Proof Shield and logo, and the  logo are trademarks of Dixie Consumer Products LLC.

 Consumer Products
a Georgia-Pacific company 

Downtime

Movies, Music, TV, Books, Travel, and Fun

TRAVEL

The ride of the summer

Ever wanted to play Quidditch, battle dragons, or take a stroll through Hogsmeade? The Wizarding World of Harry Potter, a theme park based on J.K. Rowling's hit series, comes to life this month at Universal Orlando's Islands of Adventure. BYOB (that would be: Bring Your Own Broom) beginning June 18. For more information, go to universalorlando.com/harrypotter.

MUSIC



THE TUNES YOU'LL BLAST ALL SUMMER LONG

After two years spent in mom mode, five-time Grammy award winner Christina Aguilera is back. She describes her new album, *Bionic*, as having "a fresh, sexy feel," with a sound that's "electronic with organic elements and subject matter ranging from playful to introspective." We're already hooked on the single "Not Myself Tonight." Bring on the rest! On sale June 8.

BOOK Read it in the tub

The One That I Want by Allison Winn Scotch

Thirty-two-year-old Tilly has a life she loves—until a run-in with a former classmate-turned-psychic causes her to see the future. As Tilly watches her life crumbling in front of her, she wonders if she can change it—or if she even wants to—in this novel about the choices we welcome and the ones we resist.



BOOK

THE JUICY READ

"I had gone to London for business but spent three straight days locked in my hotel room, doing cocaine. I went on the biggest binge of my life, which is saying something considering I had used, boozed, and abused for 30 years. When I looked at my eyes in the mirror, I didn't see anyone looking back at me. The lights were out. I was gone." From *Lips Unsealed*, Belinda Carlisle's memoir of her Go-Go days and more

HOT SUMMER NIGHTS

THE ADDAMS FAMILY ON BROADWAY This spring, the Addams family made their Broadway debut, starring Nathan Lane as Gomez and Bebe Neuwirth as Morticia. The original cast recording with all the musical's addictive songs is available this month; learn all the words, then go see the show!

THE LILITH FAIR TOUR Gather your gal pals for the return of this female-charged fiesta. With a rotating roundup of 80 artists (including Kelly Clarkson, Rihanna, Sheryl Crow—pictured—and more), the tour kicks off June 27 and will hit 36 cities throughout the summer. Check out lilithfair.com for more info.



BONNAROO Head to Tennessee from June 10 to 13 for another powerhouse festival—this one with gentlemen included. Catch the Dave Matthews Band, Kings of Leon, Regina Spektor, Stevie Wonder, and many more. Go to bonnaroo.com for more information.

GREASE SING-ALONG On June 25, the Hollywood Bowl turns into a gigantic movie theater. The evening kicks off with a '50s-themed costume parade (prizes awarded for the best outfits). Then the movie is shown with digital sound and subtitles, so everyone can sing along. Tickets from \$7 to \$72, ticketmaster.com.



Go-Go gone wild: Belinda Carlisle's new memoir shares her highs and lows.

MOVIE



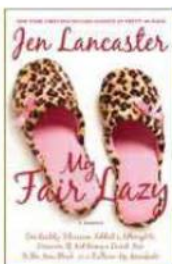
THE FLICK YOU'LL BATTLE THE TEENS TO SEE

Are you on Team Edward or Team Jacob? In **Eclipse**, the third film based on the popular *Twilight* book series, you can count on more vampires, more werewolves, more gruesome killings, and a potentially life-threatening choice for Bella as she must finally decide between her love for Edward and friendship with Jacob. Opens June 30.

MOVIE

THE BROMANCE YOU'LL BOTH ENJOY

You never really have to grow up, right? In Adam Sandler's latest comedy **Grown Ups**, five friends (Chris Rock and Sandler, at right—plus Kevin James, Rob Schneider, and David Spade) reconnect at the funeral of their former basketball coach. During a lake weekend complete with wives (Salma Hayek, Maria Bello, Maya Rudolph) and kids, it might not be 24/7 partying like the old days—but that doesn't mean the guys won't try. Opens June 25.

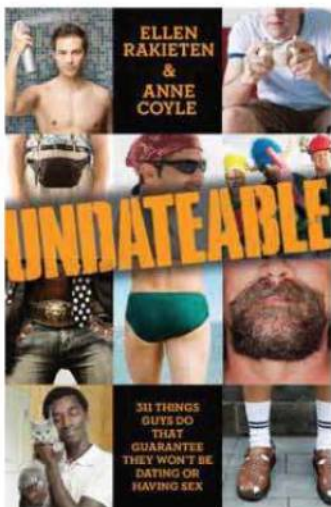


Book smarts

"If we can't...stop the aging process, then we're obligated to make the most of what we have, and the best way to do that is to expand the depth of our experiences. Do we want to spend the next 30 years on the couch, waiting to see who wins *America's Next Top Model Cycle 45*, or do we want to fill our lives with a million new experiences, even if sometimes they're unpredictable or scary or take effort?" From Jen Lancaster's pithy, clever collection of essays, ***My Fair Lazy***

BOOK

FROM THE HA! FILES



This one's for your dearly beloved, courtesy of the hilarious new book *Undateable: 311 Things Guys Do That Guarantee They Won't Be Dating or Having Sex* by Ellen Rakieta and Anne Coyle. Tear out this primer and leave it in a subtle spot—like taped to the remote.

- 1. NO "JORTS."** The jort is a cross between a pair of jeans and a pair of shorts. They come in a wide variety of styles and lengths, all of which are hideous in any circumstance.
- 2. NO FANNY PACKS.** There is never an excuse for a fanny pack.
- 3. NO "MANDALS" WITH SOCKS.** That would be a man sandal worn with socks. You jump to maximum-penalty status if you're caught wearing sandals with *black* socks.
- 4. NO PLEATED-FRONT PANTS/SHORTS.** There is no way extra fabric gathered about the waist is helping your cause.

MUSIC

THE BEST REASON TO BRUSH OFF YOUR COWBOY BOOTS

Could we get a yee-haw? On June 9 (8 p.m. ET), tune in to the Country Music Channel for the ninth annual **CMT Music Awards**. Fans pick the winners out of country's biggest stars.



Fan-favorites Sugarland at last year's show. The duo is nominated for multiple awards again this year.



Biggie

New
snack size!



Smalls

All the flavor. All the fun. Now in a variety of cups.

TV

The motivation you need to face bikini season

Jillian Michaels has whipped a whole lot of butts into shape on *The Biggest Loser*. Now, on her new NBC series *Losing It With Jillian*, she's not only helping people lose the pounds—she's also transforming families' lives. Each week Jillian moves in with a different family, arming them with the tools necessary to make life-altering changes. It's a physical and mental workout. Ouch! Tuesdays, 8 p.m. ET.



BOOK

Share it with the club

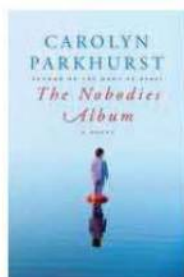
The Nobodies Album

by Carolyn Parkhurst

The best-selling author of *The Dogs of Babel* returns with a fascinating, can't-put-it-down murder mystery. Octavia Frost is a writer who's always used pieces

of her own life in her stories. When her son is accused of murder, Octavia desperately looks to her novels to see if her webs of

fiction and fact contain any clues pointing to how her boy could have done what everyone believes of him.



THE FILM THAT'LL TAKE YOU BY SURPRISE

As dedicated as Joan Rivers has been to getting work done (of the face-lifting, lip-plumping kind), she's always been even more devoted to her life's work as an entertainer. In *Joan Rivers—A Piece of Work*, we see her commitment in action as the filmmakers follow the queen of comedy during her 76th year. Dramas, dirt, and dreams are all part of the story in this fascinating and oddly touching behind-the-scenes peek. Opens June 11.



HOT GUY WITH A HANDY TIP

Father's Day present alert: This month, **TODD DAVIS**, the new host of HGTV's *Over Your Head* and runner-up on HGTV's *Design Star*, is publishing a book, *Handy Dad: 25 Awesome Projects for Dads and Kids*. Here, he shares a little worthwhile wisdom.

"Only four men in the world know the exact ingredient of WD-40; some say it's just fish oil. Whatever it is, it has thousands of uses. Have a zipper that's stuck? Forty it. Your favorite tool is duct tape? Yeah, me too. Well, it leaves nasty goo behind; 40 it—gone. My boy, Haaken, can draw very well; he's 2. But the crayons we give him end up all over the walls when we don't pay attention for 10 seconds. Forty it, gone. Need to catch your dinner in the pond? Add a tiny bit on the lure... Bam! That monster fish proves you can provide something other than trouble for your family!"



MOVIES



TO SEE

This month, catch up with old friends and new versions of old friends.

TOY STORY 3 Andy's leaving for college, and it's time for those toys we fell in love with in the first movie to get a (new) life. Opens June 18.

KARATE KID Will Smith goes behind the camera as executive producer, while his son Jaden takes the on-screen lead in this remake of *The Karate Kid*, shot in China. Jackie Chan costars. Opens June 11.

THE A-TEAM Soldiers-for-hire Hannibal (Liam Neeson), Face (Bradley Cooper), B.A. Baracus (UFC champ Quinton Jackson), and Murdock (*District 9*'s Sharlto Copley) are back in action. Rack up points with your guy: See it on date night. Opens June 11.



Don't talk with your
mouth full.
But it's perfectly OK
to smile.

For some, it's all about the 100 calories, top and bottom together. For others, the great taste. Everyone agrees Sandwich Thins® rolls are perfect for anything from a light turkey club to a juicy grilled burger. Because each one is made with whole grains and is low in fat, they're just right. All the time. To find us at a store near you, visit sandwichthins.com

Bread Perfected.®



Arnold Sandwich Thins®	Calories 100	Fiber 5g	Fat 1g
---------------------------	-----------------	-------------	-----------

Getaway

How we got our sexy back

Jancee Dunn hated the thought of leaving her baby, but she hated what new parenthood was doing to her marriage even more. So she booked a long weekend for two in Mexico—and never looked back.

For years after I married my husband, Tom, we dithered about having kids. We hesitated for the usual reasons, like seven-figure college tuition, but one of our concerns was slightly more unorthodox: Would we ever be able to travel again? It was our abiding passion—we'd spent the early years of our relationship jaunting from India to Morocco to Tokyo.

Eventually, as we became more excited by the idea of parenthood, travel stopped being a concern. Then, about a year and a half ago, our daughter, Sylvie, arrived. She's just about the most easygoing, giggly little butterball imaginable; still, most of Tom's

and my communication these days centers on either logistics ("Where's the bottle?") or petty squabbling ("No, actually, it's *your* turn to change the Diaper Genie sack"). One night, as I was hollering at Tom for neglecting to fill the baby's humidifier, I felt a sickening pang. We had always been so easy with each other; now, screeching at him was second nature to me. The solid connection that had bound us for a decade was beginning to unravel.

And so, in the interest of getting our marriage mojo back, last fall, when Sylvie was about 9 months old, we decided to leave the baby with my folks and take a four-day, three-night trip. The thought of

The Riviera Maya has powdered-sand beaches and sparkling blue waters. Jancee and Tom stayed near Playa del Carmen at Hotel Esencia, which offers private cottages; they snuggled by the pool and found themselves more in love than ever.



Oscar Mayer

Jackpot.

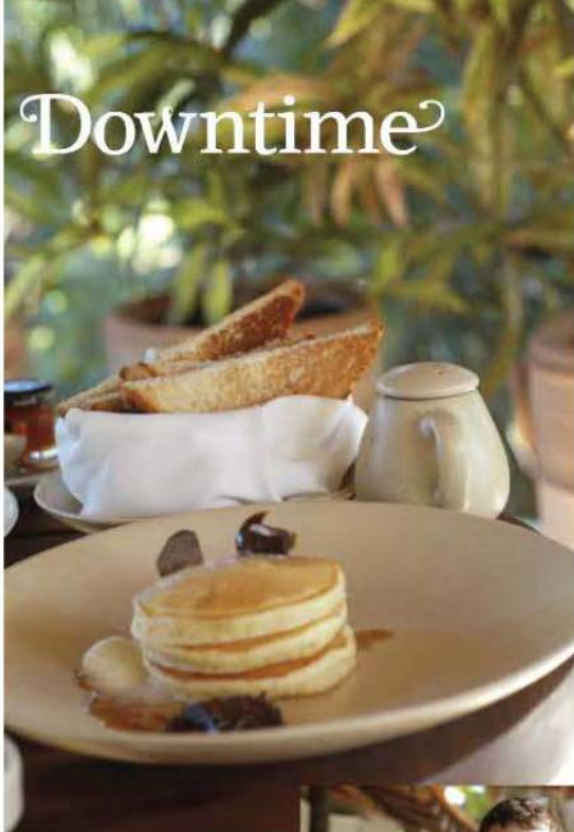
Our bologna has 75% less sugar than a PB&J.*
And it's just as much of a favorite too.



it doesn't
get better
than this

*Peanut Butter & Jelly Sandwich: 18g sugar, 18g fat, 3.5g saturated fat, 500mg sodium
Bologna Sandwich w/fat-free mayo: 4g sugar, 10g fat, 4.0g saturated fat, 770mg sodium

Downtime



"Tom and I revived the spark that made us parents in the first place."

Jancee and Tom lingered over breakfast daily—something they never do at home; they missed Sylvie, below, but cherished the time to rekindle their romance.



leaving Sylvie behind sent me into a quiet panic, but our situation was dire.

We figured the best choice would be an all-inclusive resort that would relieve our fuzzy brains of any major decisions, and decided on Mexico's Riviera Maya, which was a less-than-four-hour direct flight from our New York City home but still

felt sufficiently far-flung. Plus, Mexico's off-season begins in May and lasts through the late fall, so there were deals to be had. We booked a stay at the Hotel Esencia (hotelesencia.com), south of Playa del Carmen, where suites normally start at \$625. But we took advantage of a deal on their website: three nights for \$1,500, which included round-trip pickups, all meals, and two massages.

And so, a few weeks later, we drove the baby to her grandparents' house—with me sniveling the whole way. I had a boulder-size lump in my throat as I kissed Sylvie and handed her over to Grandma and Grandpa. To stave off depression, I thought of the sizable deposit we had made on our hotel. I'm

thrifty—okay, cheap—so I kept telling myself, *Mope the whole time and you might as well toss that money right in the trash*. That helped. By the time we hit the airport, I felt lighter. I was lighter—no diaper bag! No stroller! No baggie filled with Cheerios! On the plane, we were so giddy that we drew concerned looks from the other passengers. My husband made me laugh out loud as he pointed out various insane items in the SkyMall catalog. I had forgotten how funny he was.

Once in Mexico, we found our hotel elegant and appealingly small (29 rooms)—but spread out over 50 acres of manicured lawns and jungle flora. We walked under a canopy of lime and coconut trees to the cool white adobe of our room, which we explored like two kids ("Look, the minibar is free!" "Ooh, let's jump in our plunge pool!").

As we lunched on red-snapper tacos and smoky gazpacho in our own little beachside thatched hut, Tom pulled out a surprise. He had filled his iPhone with pictures of Sylvie that he had taken on the sly. At some point during the typhoon of preparation leading up to our departure, he had taken the time to photograph a squirming baby and load up the photos so I wouldn't be glum. This was exactly the sort of thoughtful act that would have barely registered in our daily life—where each day with an infant was a frantic sprint before collapsing into bed—and to me, it was a more romantic gesture than flowers or chocolates. Yes, I got misty looking at Sylvie's beaming face, but as Tom and I went through the photos, it was so gratifying to be able to reflect on how far we'd come as a couple. There had never been any time to marvel at the fact that together, we're raising a baby.

After we finished lunch, we took a leisurely amble on the beach, where we talked about books and films we wanted to see. For once, we were really listening to each other. My husband has always been the most interesting person I've ever met, yet at home, after we put the baby to bed, it usually seemed easier to just switch on the TV than talk. I didn't realize how much I had been hungering for stimulating, adult conversation with him.

For the next two days, we happily rolled from one activity to the next, from a soak in the spa Jacuzzi to tea and cookies by the pool. I called my folks each night to check in but kept the conversation upbeat and less than five minutes, before melancholy could set in. Our undereye bags slowly deflated as we slept in. Tom and I revived the spark that made us parents in the first place. Although

Change the
way your
kids see water.



NEW

Kool-Aid Fun Fizz drink drops make water so fun, your kids will ask for more. Plus, it's just 5 calories.



Downtime

we had drifted apart during our nine months with the baby, it was gratifying to see that we could draw closer within a few days. I had missed him, and yet he'd been right there all along. I kept flashing on earlier scenes with him and the baby: how he'd carry her on his shoulders until he was practically staggering because she was cackling so much, how he'd patiently rub her head until she fell asleep. What's sexier than a good father?

On the third day, we visited Cobá, a pre-Columbian Mayan ruin filled with temple pyramids and weathered stone carvings of gods. We then drove to a Multun Ha, one of the many cenotes—underground well or water pools—in the Yucatan, which range from full-blown parks with tubing and zip lines to little-known local watering holes. An attendant led us to a dark spiral staircase that descended into the earth. I hesitantly stepped inside, listening to water drip off stalactites and seeing bats flit around.

The water of the cenote glowed lapis blue and was so clear that its rocky floor

was sharply visible, as were the small black fish that darted by. Tom, God love him, donned a mask and snorkel and leapt in. Eventually, after much coaxing from Tom, I jumped in too. The water was blissfully cold. It was so strange and exhilarating, like swimming on Mars. Looking underwater, I saw a dark outline of a pyramid-shaped mound of Mayan relics and shuddered as I remembered that the Maya considered cenotes to be portals to the “other-worlds.” As we towed off, we kept dissolving into giggles; nothing juices a relationship like the adrenaline rush of a new experience.

Our getaway whizzed by, but it completely rejuvenated our relationship. I missed the baby so much, but I learned that I can leave her for a couple of days and still be a good mother. Even so, once home, we drove to my folks' house at top speed. We pulled into the driveway and ran up the steps of their front porch. Just for a moment, Tom and I stood on the landing and exchanged a kiss. Then, grinning like fools, we made for the door. **R**

Sexy adventures on the Riviera Maya

■ PLACES TO STAY

The Ceiba del Mar Spa Resort Just a beach stroll away from the fishing village of Puerto Morelos, this spa-centric hotel offers an all-inclusive meal plan or breakfast only. (ceibadelmar.com)

Excellence Riviera Cancun This all-inclusive, adults-only resort boasts six pools, 10 bars, and eight international restaurants. (excellence-resorts.com).

Teetotum Hotel This modern boutique hotel in Tulum has only four guest rooms; each has its own private patio. (teetotumhotel.com)

■ NATURAL WONDERS

Sian Ka'an Biosphere Reserve A nature preserve 75 miles south of Cancun, the Biosphere teems with ocelots, pumas, and monkeys in its jungle areas, plus manatees, sea turtles, and crocodiles in its lagoons and coves. (cesiak.org)

Yal-ku Lagoon Just north of Akumal, this superclear lagoon is filled with colorful fish and is perfect for snorkeling.

■ ROMANTIC RUINS

Tulum Swim out from the beach and see Mayan ruins from the water. Or watch a sunset or sunrise from the high cliffs.

Xel-Ha These ruins still have paintings on some of the structures and are part of an eco-park that boasts several cenotes.



Tulum's ancient Mayan ruins

© 2010 Kraft Foods. *While supplies last.



Treat yourself to

**New
FUDGE
PETITES**

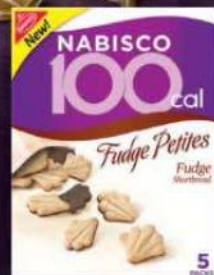
from Nabisco
100 Calorie Packs

Find out how to get a **FREE* BOX** at
www.facebook.com/nabisco100cal

Venus & Serena *Diet* LIKE A *Diva*



Snack with fun and flair! *Venus and Serena* love *NEW Fudge Petites*—delicate shells of buttery-flavored shortbread dipped in rich fudge—from Nabisco 100 Calorie Packs. Join the diva movement and find out how to get a **FREE* BOX** of any delicious variety at www.facebook.com/nabisco100cal



Red in the face!

Readers share funny moments they'd rather forget.

Have you had an embarrassing moment?

Tell us about it. Email us at redbook@hearst.com (subject: Red in the Face); include your full name, your city and state, and a recent photo. Your story and picture could end up in REDBOOK!

Meat and greet

My husband and I were at a little market shopping for ingredients for dinner. He wandered off in one direction and I headed in another, hoping for inspiration. When I couldn't come up with anything, I walked over to the meat counter where he was standing, put my arm around him, and said, "Honey, I'm a terrible cook, and I don't have the slightest idea what to fix for dinner!" To my surprise, a complete stranger turned to me, saying, "Well, honey, I'm glad I don't have to eat it!" My husband was on the other side of the store!

Betty Erwin, Knoxville, TN

Novel attire

When my husband and I attended a library book sale, I decided to treat it like a date night and dress up—after all, how often do parents get to be alone? I wore a black dress and a leopard-print jacket, and I slipped on some slinky black panties. At the library sale, I noticed unopened boxes of books below a table and knelt down to have a look. As I leaned way over, I felt a strange sensation: My underpants were rolling down. When I stood up, they kept on rolling to my lower hips! There was no way I was going to be able to walk out of the room

to fix them, so I managed to get them down to my ankles, step out of them, and shove them in my bag. When I confessed to my husband that I wasn't wearing any underwear, he thought I'd planned it that way for a really hot date!

Mary Potter Kenyon, Manchester, IA

Nailing the landing

I was at a seafood restaurant with my new boyfriend, and I ordered the king crab legs. After our entrées arrived, I struggled with cracking one of the legs and decided to just rip it open. But my acrylic fingernail popped right off—and landed right in the middle of his baked potato! I plucked it back out and went to the restroom to fix it (and hide!).

Betsi Heckenkamp, Marcelline, IL

Hold, please!

I heard the phone ringing as I arrived home one day and made a beeline from the front door to answer it. I thought I recognized the voice of my friend Jeannie: "Just a minute," I told her, "I'm dying to go to the bathroom!" I returned to the phone shortly afterward and sighed, "Boy, does that feel better!" The voice on the other end—which was definitely not Jeannie—said, "It's the dentist's office calling. We're phoning to confirm your appointment." I was so glad they couldn't see my face through the phone line!

Sharon McGregor, Brandon, Manitoba, Canada

Sucker punch

I was rushing to pack my husband's lunch one morning. After grabbing a sandwich, chips, and cookies, I realized we didn't have any "big boy" beverages, so I had to pack a baby blue Little Hugs fruit drink in his construction-worker lunchbox. A few hours later, I got a call from my husband: "What was in my lunch? I've been throwing up blue sparkles for an hour!" I opened the refrigerator, and a closer look at the little blue "fruit drinks" revealed that I'd actually put a six-pack of sparkly bubbles in the fridge! My husband recovered and we still laugh about it—and I've learned never to pack lunch when I'm tired!

Melinda Winner, Zephyrhills, FL

Crest.
3D WHITE

HEADS WILL TURN

WHITER SMILE IN 1 DAY

Now get a smile that's more than white - it's 3D White.

Introducing the Crest 3D White collection.

Use each product individually.

Or use the collection together to start seeing results in 1 day.

Intrigued? Let us prove it to you at 3DWhite.com





Reserved seating

6 readers will each win the First Years True Fit Premier Convertible Car Seat from thefirstyears.com/5star. This car seat was awarded a National Highway Traffic Safety Administration five-star Ease of Use rating—meaning your kid will ride in safety and style. Value of each, \$279.

\$262,738
worth
of free stuff

Win It!

Log on at
redbookmag.com/winit for
the chance to win.



Pie shop

40 readers will each win the Little Tikes Makin' Mud Pies toy from MGA Entertainment. (Little Tikes is celebrating its 40th anniversary!) Setting up shop has never been so easy. Value of each, \$40.

New skin

5 readers will each win a skin-care cosmetics set from skinn.com. Give your routine a luxe makeover with antiaging products that firm, tone, and lift. Value of set, \$300.



Cold, hard cash: Win \$250,000!

Last year one lucky reader walked away with \$100,000. Now you've got more than twice as many reasons to enter! Enter at win250k.redbookmag.com. See page 185 for details.



Hola, vacation!

1 reader will win a 3-day, 2-night stay for 2 at the Marquis Los Cabos Resort in Los Cabos, Mexico. Kick back in your ocean-view casita (with private pool) and enjoy dinner at the resort's signature Vista Ballenas restaurant. Airfare vouchers included. Total retail value, \$4,720.



Summer style

20 readers will each win an accessories set from Coldwater Creek. The cheerful tote can stow summer favorites, and the Coldwater Creek Sheer Striped Scarf will be a cool addition to your summer wardrobe. Value of set, \$86.

Green luxury

12 readers will each win a natural luxury pampering pack from hollybeth.net. Get in touch with nature with a pack of certified-organic products. Value of set, \$127.



THE **BEST** NUTRITION JUST GOT BETTER.™

Compared to ordinary eggs:



Announcing some *egg*citing news:

Eggland's Best now provides even better nutrition for your family. Compared to ordinary eggs, EBs deliver even higher levels of important nutrients like vitamins A, D and E. Along with lower levels of saturated fat and cholesterol. All this, combined with their delicious, farm-fresh taste, is why Eggland's Best continues to stand for the very best in quality and value for your family.



**EGG-LAND'S
BEST**



Better taste. Better nutrition.
Better eggs.

www.eggland.com

THE BETTER EGG



Mfr. Coupon Expires 9/30/10

www.eggland.com



Egg•land's Best



Egg•land's Best Organic



Egg•land's Best Cage Free

**Save
50¢**

Any Variety of
Egg•land's Best Eggs

RETAILER: Eggland's Best, Inc., will reimburse you face value of coupon plus 8¢ if submitted in compliance with our redemption policy, available upon request. Cash value 1/100¢. Mail to: EGG-LAND'S BEST, INC., P.O. BOX 880235, EL PASO, TX 78588-0235. Void if copied, prohibited, restricted, or transferred prior to redemption. One coupon per purchase. ©2010 EGG-LAND'S BEST, INC.



0715141-034653



15141 10150 4



**Ladies FREE
Hot Sexy Talk!**
1-800-507-TALK



**FREE
PSYCHIC READING**
• Real Love • True Romance
• Big Money • Pure Passion
1-888-726-0099
18+ ENT. ONLY CALL FOR DETAILS asknow.com

CLASSIFIEDS 800-823-1377

Ladies Talk Free to Men Nationwide
1-800-628-LIVE Men Call 1-800-321-LIVE .69

GOOD BY DAY, BUT NAUGHTY BY NIGHT!
Live Free Chat 866-685-MEET (6338)

FREE PSYCHIC READING Powerful and Amazing
Predictions! Specialists in Love, Destiny, Money, Passions,
Fortune, Luck & Problems. 1-800-716-1175

FREE minutes
CALL THE PSYCHIC STARS® NETWORK
PSYCHICSTARS.COM 1-800-461-8328
Registered with the U.S. Government

LESLEE 32yrs Psychic Life-Coach, Amazing Insight.
So accurate your spine will tingle. 1-800-541-6999
www.accurate-leslee.com

Handwriting-Analysis by Mail & More! Accurate Personality
Info, Couples Compatibility Readings. www.cindygray.biz

FREE FUN NOW 1-800-699-9999 Your fantasies are
calling you! So many men, so little time... 18+

We share the sky
We share the future



Join together to
protect our world.
To learn how you
can help, order
your free World
Wildlife Fund
Action Kit.

TOGETHER, WE CAN BE A FORCE FOR NATURE.
800-CALL-WWF | worldwildlife.org/act



To advertise your
product in
Redbook's
Shopper Section,
contact Michael Rohr
at (212) 649-2924

E-mail: mrohr@hearst.com

SUBSCRIPTION SERVICE: REDBOOK MAGAZINE WILL, UPON RECEIPT OF COMPLETE NEW OR RENEWAL SUBSCRIPTION ORDER, UNDERTAKE FULFILLMENT OF THAT ORDER SO AS TO PROVIDE FIRST COPY DELIVERY EITHER TO THE POSTAL SERVICE OR ALTERNATE CARRIERS WITHIN 6-12 WEEKS. IF FOR SOME REASON THIS CANNOT BE DONE, YOU WILL BE NOTIFIED PROMPTLY OF THE ISSUE DATE THAT WILL BEGIN YOUR SUBSCRIPTION. ADDRESS ALL SUBSCRIPTION INQUIRIES TO JOAN HARRIS, CUSTOMER SERVICES DEPT., REDBOOK, P.O. BOX 7190, RED OAK, IOWA 51591. OR CALL TOLL-FREE 1-800-885-0008.

Shopping Guide

GET GLOSSY LIPS

PAGE 22: JK Jemma Kidd Perfect-Pout **Exfoliating Treatment Balm**, \$13; Target, target.com. Stila Pomegranate Crush **Lip & Cheek Stain**, \$24; sephora.com. Estée Lauder Pure Color **Gloss**, \$20; Nordstrom counters, nordstrom.com.

STYLE SCOOP

PAGE 31: ShopTheLook.net **bracelets**, \$12 for two; shopthelook.net. Carol Dauplaise **necklace**, \$40; Nicola Boutique, Washington Township, NJ, 201-664-2299. Leighelena **belt**, \$115; leighelena.com. Nicole by OPI **nail lacquer**, \$8; Walmart. Cargo Swim-mables Waterproof **Pencil**, \$18 for five; cargocosmetics.com for retailers.

BEAUTY CHECKLIST

PAGE 38: Origins Zero Oil **Toner** with Saw Palmetto and Mint, \$18.50; origins.com. L'Occitane Gel Mask **Conditioner**, \$29; loccitane.com. Sonia Kashuk Double Zip Foldover Floral **cosmetics case**, \$10; Target, target.com. Narciso Rodriguez for Her Iridescent **Fragrance**, \$78; Saks Fifth Avenue.

SOFT, SEXY TENDRILS

PAGE 40: Gold 'N Hot Professional Ceramic 1-Inch **Straightening Iron**, \$50; folica.com.

TAKE FIVE...TO FIND A FRESH NEW SCENT

PAGE 42: Philosophy Field of Flowers Spray **Fragrance**, \$30; nordstrom.com. Avon Eternal Magic **eau de toilette**, \$24; locate an Avon representative through 800-FOR-AVON or avon.com. Bond No. 9 High Line **eau de parfum**, \$220; Bond No. 9 New York stores, Saks Fifth Avenue, bondno9.com. Carolina Herrera CH Garden Party **fragrance**, \$90; Nordstrom, nordstrom.com. Victoria's Secret Secret Moments at First Sight **Sheer Fragrance Mist**, \$12; Victoria's Secret, victoriasssecret.com.

10 INSTANT GLOW-GETTERS

PAGE 46: Brownberry Clear **Sunless Tanning Spray**, \$55; brownberry nyc.com. For more information on **Lea Advanced Skincare**, visit theeigardmethod.com. Smashbox Halo Hydrating Perfecting **Bronzer**, \$39; Nordstrom, sephora.com. Solérra Tanee **Tan Line Corrector**, \$6; Beauty Brands Salon, Spa and Superstores, solerra.com, drugstore.com. Laura Geller Beauty Ingenuity Baked **Body Frosting**, \$40; QVC, qvc.com.

PAGE 48: St. Tropez Wash Off Body **bronzer**, \$20; select retailers and luxury spas, sttropeztan.com. Estée Lauder Bronze Goddess Exotic **Bronzing Blush**, \$35; esteelauder.com. Clarins Instant Smooth **Compact Highlighter**, \$32; department stores and fine specialty stores nationwide. Brazilian Peel **treatment**, \$78; Sephora, sephora.com.

SUIT UP!

PAGES 128-129: Tommy Hilfiger Swimwear **monokini**, \$95; swimspot.com.
PAGE 130: Long Tall Sally **swimsuit**, \$45; longtallsally.com. Hermann by Vix **top**, \$80, and **bottom**, \$58; southbeachswimsuits.com, bloomingdales.com. Swankini **top**, \$75, and **bottom**, \$45; swankini.com. Spiegel **suit**, \$64; spiegel.com. H&M **suit**, \$25; hm.com for stores.
PAGE 131: Swim Systems **top**, \$66, and **skirt**, \$72; everythingbutwater.com. American Eagle Outfitters **bikini**, \$50; ae.com. Bisou Bisou for JCPenney **top** and **bottom**, \$30 each; JCPenney, 877-FIND-JCP for locations. Luxe by Lisa Vogel **maillot**, \$121; swimspot.com. Kenneth Cole New York **suit**, \$102; Dillard's, dillards.com for store locations.
PAGE 132: Tommy Bahama **top**, \$95, and **bottom**, \$39; Tommy Bahama stores, tommybahama.com. Gottex **bandeau**, \$168; Bloomingdale's. Resorts Plus **swimsuit**, \$60; onestop plus.com. Attention **top**, and **bottom**, \$20 each; Kmart stores. Veronica Brett **suit**, \$198; veronicabrett.com for boutiques.
PAGE 133: Marc by Marc Jacobs **suit**, \$160; Bloomingdale's. Nautica **top**, \$62, and **bottom**, \$52; nautica.com. Mossimo for Target **top**, \$20, and **bottom**, \$18; most Target stores, target.com. Chaps **top** and **bottom**, \$40 each; kohls.com. Michael by Michael Kors **top**, \$84, and **bottom**, \$72; Great Shapes, Roslyn Heights, NY, 516-484-4555.

CHRIS O'DONNELL

BACK COVER & FLIP PAGE 4:

On Chris: **shirt**, Steven Alan; **pants**, Polo by Ralph Lauren. On Lily: **dress** and **accessories**, Juicy Couture. On Chip: **shirt**, Ralph Lauren; **pants**, Brooks Brothers. On Charlie: **shirt** and **shorts**, H&M. On Finn: **T-shirt**, American Apparel; **shorts**, Ralph Lauren. On Maeve: **dress**, Ralph Lauren.

WOULD YOUR GUY TRY...

FLIP PAGE 20: For information on

Shopping Guide

Rita Hazan Salon, visit ritahazan.com. For information on **Red Door Spas**, visit reddoorspas.com. For information on **Michael Apa, D.D.S.**, visit rosenthalspa.com. **FLIP PAGE 22:** For information on **Cutler Salon**, visit cutlersalon.com. For information on **Paul Labrecque Salon & Spa**, visit paullabrecque.com. For information on **Jillian Wright Clinical Skin Spa**, visit jillianwrightclinicalskinspa.com. Billy Jealousy Liquid Sand Exfoliating **Facial Cleanser**, \$24; billyjealousy.com. For information on **Completely Bare Spas**, visit completelybare.com. Philips Bodygroom Pro BG2040 **groomer**, \$70; philips.com/grooming.

Contest Rules

HOT AND HANDY HUSBAND: NO PURCHASE NECESSARY TO ENTER OR WIN. Sponsored by Hearst Communications, Inc. Beginning May 25, 2010, at 12:01 a.m. ET through July 31, 2010, at 11:59 p.m. ET, go to redbookmag.com/hotandhandy and complete and submit the entry form pursuant to the onscreen instructions, including a video of your husband showing off his handy skills. Entries become the property of the Sponsor and will not be returned. Must be a legal resident of the 50 United States or the District of Columbia who has reached the age of majority in his or her residence at time of entry. Void in Puerto Rico and where prohibited by law. Contest subject to complete official rules available at redbookmag.com/hotandhandy.

AMERICA'S HOTTEST HUSBAND 2011: NO PURCHASE NECESSARY TO ENTER OR WIN. Sponsored by Hearst Communications, Inc. Beginning June 21, 2010, at 12:01 a.m. ET through December 28, 2010, at 11:59 p.m. ET, go to redbookmag.com/hothusbands2011 and complete and submit the entry form pursuant to the onscreen instructions, including an essay (500 words or fewer) on why your husband should be selected as REDBOOK's Hottest Husband 2011. Or mail your entry with your name, age, complete address, telephone number, and email address with first-class postage affixed to: REDBOOK Hottest Husband 2011, 300 W. 57th St., 22nd Floor, New York, NY 10019. Mail entry must be received by postmarked by December 28, 2010, and received by

December 31, 2010. Each regular-mail entry must be typed or printed in ink. Attach a recent color photo of your husband (slides or negatives will not be accepted). Entries become the property of the Sponsor and will not be returned. If entering online, please attach a high-resolution JPEG (at least 300 dpi). Must be a legal resident of the 50 United States or the District of Columbia age 21 or older. Void in Puerto Rico and where prohibited by law. Contest subject to complete official rules available at redbookmag.com/hothusbands2011.

Sweepstakes Rules

WIN IT! SWEEPSTAKES. NO PURCHASE NECESSARY TO ENTER OR WIN. Sponsored by Hearst Communications, Inc. Go to redbookmag.com/winit between 12:01 a.m. ET on May 25, 2010, and 11:59 p.m. ET on June 21, 2010, and complete and submit the entry for the sweepstakes of your choice pursuant to the onscreen instructions. Must be a legal resident of the 50 United States, the District of Columbia, or Canada who has reached the age of majority in his or her state or province of residence at time of entry. Void in Puerto Rico, the Province of Quebec, and where prohibited by law. Odds of winning will depend upon the total number of eligible entries received. Sweepstakes subject to complete official rules available at redbookmag.com/winit.

THE WISH COME TRUE SWEEPSTAKES, a.k.a. THE \$250,000 CASH GIVEAWAY. NO PURCHASE NECESSARY TO ENTER OR WIN. Sponsored by Hearst Communications, Inc. Go to win250k.redbookmag.com and complete and submit the entry form pursuant to the onscreen instructions. Beginning February 1, 2010, at 12:01 a.m. ET through January 31, 2012, at 11:59 p.m. ET. (1) Grand Prize Winner will win \$250,000. (24) First Place Winners will receive \$1,000 each. (24) Second Place Winners will receive \$100 each. Odds of winning depend upon the total number of eligible entries received. Must be 13 years or older and a resident of the 50 United States or District of Columbia. Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete official rules available at win250k.redbookmag.com.



It's **GREAT** to be Thin!™

THE HIGH ENERGY Diet Pill

546% More Weight Loss*
Than "America's #1 Selling Ephedra-Based Diet Pill"

NEW! ZANTREX-3
Dietary Supplement

- Rapid Weight Loss
- Extreme Energy
- No Ephedrine

Now With **Oxydrene**™

WARNING: Zantrex-3 High Energy Diet Pill Contains an EXTREMELY POTENT xanthine complex. NOT Intended for persons sensitive to stimulants, xanthines or any caffeine-like substance.

Order Now! 1-800-591-4579
www.Zantrex3.com

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. Individual results will vary. Use in conjunction with any sensible diet and exercise program.
*The "546% more weight loss" claim is based solely on Zantrex-3's active weight-loss component.
†For full study details visit www.Zantrex-3.com
©2010 All Rights Reserved. BHT-320



Chances Are You've Been Sitting on a Cure for Cancer

Before Lance, even before LeMond, there was the Pan-Mass Challenge, a 190-mile bike-a-thon that brought cycling to the American consciousness. Since 1980, the Pan-Mass Challenge has raised \$270 million for cancer research. Today, 100 percent of every rider-raised dollar goes directly to that cause.

PMC 2010 – August 7 & 8 – 5,000 cyclists from 36 states and 6 countries will ride. Are you ready to take the Pan-Mass Challenge?

www.pmc.org

800-we-cycle



Imagine Living Your Entire Life Looking Like This Because You Could Never Afford \$250 For Surgery.

Smile Train provides free cleft surgery which takes as little as 45 minutes and costs as little as \$250.

It gives desperate children not just a new smile—but a new life.

**“...one of the most
productive charities —
dollar for deed — in the world.”**

—The New York Times

Help children with clefts and other problems.

☐ \$250 Surgery. ☐ \$125 Half surgery. ☐ \$50 Medications. ☐ \$ _____

Mr./Mrs./Ms. _____ Zip _____

Address _____ City _____ State _____

Telephone _____ eMail _____

Credit Card # _____ Expires _____

☐ Visa ☐ MasterCard ☐ AMEX ☐ Discover Signature _____

☐ My check is enclosed. Z10061054ZFKY13

Smile Train, P.O. Box 96211, Washington, DC 20090-6211

Donate online: www.smiletrain.org or call: 1-800-932-9541



SmileTrain

Changing The World One Smile At A Time.

A Healthy Diet During Pregnancy Can Help Prevent Birth Defects And Clefts. Diet is an important part of pregnancy. Eat a healthy diet that contains lots of fruits and vegetables and foods fortified with folic acid. According to the U.S. Government, women who plan to have a child should be sure to take sufficient levels of folic acid (400 micrograms per day) during pregnancy to help prevent neural tube defects and reduce the risk for cleft lip and palate. When folic acid is taken one month before conception and throughout the first trimester, it has been proven to reduce the risk for neural tube defects by 50 to 70 per cent. Be sure to receive proper prenatal care, quit smoking, and follow your health care provider's guidelines for foods to avoid during pregnancy. Foods to avoid may include raw or undercooked seafood, beef, pork or poultry; delicatessen meats; fish that contain high levels of mercury; smoked seafood; fish exposed to industrial pollutants; raw shellfish or eggs; soft cheeses; unpasteurized milk; pâté; caffeine; alcohol; and unwashed vegetables. Smile Train is a 501 (c)(3) nonprofit recognized by the IRS, and all donations to Smile Train are tax-deductible in accordance with IRS regulations. © 2010 Smile Train.

GODDESS OF UNCONDITIONAL LOVE

NEW *Embrace.* DISPOSABLES

The only disposable razor
with 5 blades completely
surrounded by
a ribbon of moisture.
It's our closest shave* for
your closest moments.



Venus®

REVEAL THE GODDESS IN *you.*®

Buy Now Online at
buyembracedisposables.com

*among our disposable razors. © 2010 The Gillette Company.

Is your guy hot and handy?

Do you get steamy watching him work?

Can he fix what you need fixing?

Does he have the biggest tool belt on the block?

FOR 11 YEARS REDBOOK has held a contest to choose America's Hottest Husband. Now we're looking for hot studs who *also* know their way around a toolbox. To enter your guy, upload a video of him showing off his handy skills. The winner will receive a trip for 2 to New York City, his and hers spa treatments, and hair-removal products for him and you from Braun. He will also appear in an upcoming issue of REDBOOK.

A panel of experts, including Paige Hemmis, below, from ABC's *Extreme Makeover: Home Edition* and Tuff Chix, will judge candidates on their ability to get the job done while remaining cool—and hot—under pressure. And, because we think there's nothing hotter than giving back, REDBOOK will donate \$1 to Habitat for Humanity for every video submission.



So enter your man today at redbookmag.com/hotandhandy. For details, see page 185.

MR. ROMANCE

Stephen Collier, 38

UNION, KY
Loan specialist
Married 13 years to Natalie, 41
Father to Stephen, 13, and Brooklynn, 10



Natalie says Stephen's bald head drives her totally crazy!

What makes him so hot: "Stephen always said he'd do anything to take care of me, and he's proved that,"

Natalie says. "When we were first married, he worked three jobs so he could support his family."

His most romantic gesture: "For my 30th birthday, Stephen got me 30 roses along with a note for each one," Natalie remembers. "Then he arranged for my coworkers to deliver them to me one by one through the day. I was so surprised!"

What makes him a great dad: "Stephen is so spontaneous with the kids," Natalie says. "He's always challenging them to a game of hoops, or taking them to the water park. Or he'll take them to the market to buy crazy foods, and then come home and cook them up. There's never a dull moment."

What marriage means to her: "It's a symbol to the world that two people are totally committed to each other," says Natalie. "It's comforting to know that Stephen knows me so well and is in tune with all my wants, needs, and desires."

The award he'd give Natalie: "An award called 'My Heart,'" says Stephen. "She's truly my heartbeat. All that I am, to some degree, I owe to her. She's my everything."

How they keep their marriage strong: "I find that when I take care of Natalie emotionally, physically, and spiritually, she gives it right back to me—and it makes for an awesome relationship," says Stephen. "We pray together every night for our marriage, children, home, jobs, and goals."



LIFE COACH

Christopher Walker, 37

ORMOND BEACH, FL
Attorney
Married 15 years to Woody, 39
Father to Chase, 10

What makes him so hot: "Chris has complete self-confidence in his manhood," Woody says. "And he's so proud of me and all my success. Add to that the fact that he's good-looking and 6-foot-2, and wow! He's hot!"

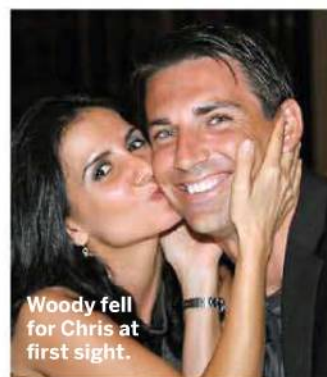
His most romantic gesture: "He always takes note of the little things," Woody says. "I'll mention in passing that I love a singer, and the next thing I know, Chris has bought me her CD. I also find it romantic when he puts up with my hours-long shoe-shopping outings!"

What marriage means to him: "It means you get to come home to your best friend and then just be yourself and relax," Chris says. "But there's a thin line between friendship and romance, and it's a challenge to balance the comfort and passion so you're still lovers and not just roommates."

What makes him a great dad: "Chris is good at being both a friend and a disciplinarian to our son," Woody says. "He coaches Chase's baseball team, which is a great way for them to bond, but he's also a stickler when it comes to homework time and bedtime."

How they keep their marriage strong: "We both have demanding jobs, but instead of staying late at the office, we'll both take work home and hang out together on the couch while we're doing it," Woody says. "We also love to joke around and laugh as much as possible. Funny movies are our favorite."

What he wants women to know about men: "Deep down, all men just want to make their partners happy and to take care of them," Chris says. **R**



Woody fell for Chris at first sight.

IS YOUR HUSBAND THE HOTTEST?

Enter him in our 12th-annual Hottest Husband contest! You could win an 8-day, 7-night trip for 2 to the all-inclusive Valentin Imperial Maya Resort in Playa del Carmen, Mexico, including 3 meals a day, all drinks, 1 romantic dinner on the beach, a swim-with-dolphins experience at Delphinus Riviera Maya, a \$100 gift certificate to boutique shopping mall Luxury Avenue Cancun, a \$50 gift certificate to cosmetic boutique Ultrafemme, and 2 \$300 airfare vouchers. Approximate retail value: \$6,500. To enter, tell us in 500 words or fewer why your guy is so hot, and include three recent photos. For details, see page 185 or go to redbookmag.com/hothusbands2011.

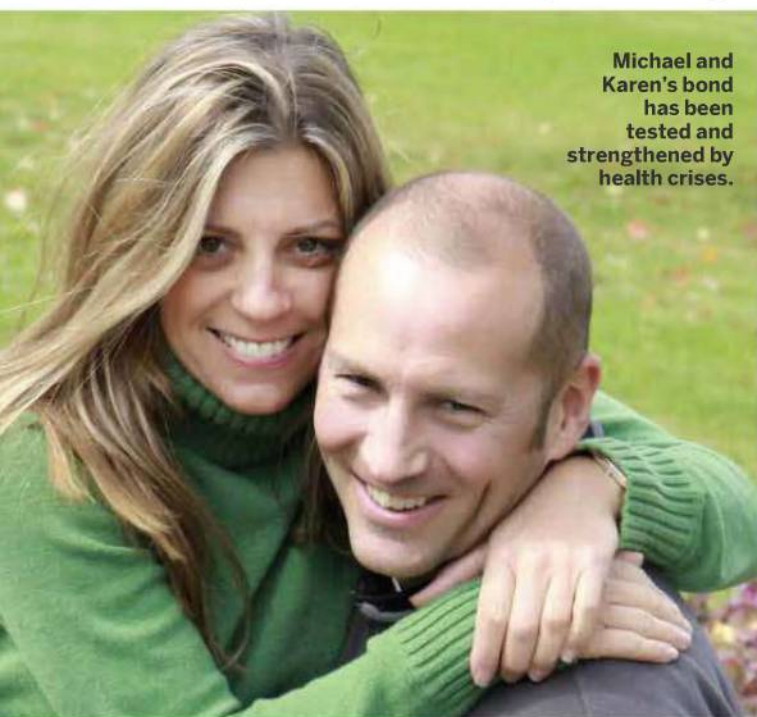


The fudge cookie with the soul of an Oreo.

New!
OREO
Fudge Cremes

EVEN MORE HOT HUBBIES!

Check out our 5 sweet and sexy runners-up!



Michael and Karen's bond has been tested and strengthened by health crises.

ROCK SOLID

Michael Kennedy, 45

FREDERICK, MD

Sales manager

Married 19 years to Karen, 43

Father to Ryan, 16, Kelsi, 14, and Camryn, 10

What makes him so hot: "Michael's dimples still give me butterflies," Karen says. "And he's shown such strength during difficult times: I have Crohn's disease, and since we started dating Michael has been my greatest support. And when our daughter was diagnosed with a rare brain tumor, I became near catatonic; meanwhile, Michael took care of everything without complaint. He fed the kids and got them to school and helped them with work, plus he handled all the planning to help get our daughter well."



The award he'd give Karen: "Kindest Person Ever," says Michael. "Karen is uniquely selfless and really takes care of our family. She's also the Hottest Wife, of course!"

How they keep their marriage strong: "We're best friends," he says. "We've learned to balance responsibilities with fun. We're excited to get away this year for our 20th anniversary."

What he wants women to know about men: "We're simpler than you think," Michael says. "We enjoy basic pleasures and we're all egomaniacs—the nice guys just keep their egos under wraps a little better than the jerks."

TRUE BLUE

John McGaha, 40

NEW MARKET, MD

Police officer

Married 12 years to Belle, 40

Father to Emma, 7, and Christian, 5

What makes him so hot: "John is 100-percent dedicated to the kids and me," Belle says. "I'm not sure where he gets the energy to accomplish all that he does, but our family is his top priority."

His most romantic gesture:

"Every morning, he makes me oatmeal with raisins and cinnamon, just the way I like it," Belle says. "Plus he leaves me a note telling me he loves me or wishing me a great day."

The award he'd give Belle: "I'd give her so many: She's the best mother, the most loving person, and the perfect wife," John says. "I'm the luckiest guy in the world to be with her."

What makes him a great dad: "John is so present with the kids, helping with their homework, teaching them how to use tools and ride their bikes, and going fishing with them," Belle says. "His face beams when he's with them."

What marriage means to him: "It's having someone to trust and rely on no matter what," John says. "The hardest part is remembering to make it a priority to communicate and reconnect when there's so much else going on."



An officer, a gentleman, and a great dad.

TOP CHEF

Chris Wooldridge, 41

HOUSTON

Business development manager

Married 18 years to Sally, 43

Father to Leo, 17, Dominic, 7, and twins Lucas and Juliana, 2

What makes him so hot: "Chris is my crème brûlée: crispy on the outside but soft and gooey on the inside!" Sally says. "And he makes us dinner all week long."

The award he'd give Sally: "Chief Enthusiast Officer," Chris says. "Her positive outlook rubs off on the whole family."

What makes him a great dad: "He's sweet and patient with the kids," Sally says. "They play baseball and have dance-offs."

His most romantic gesture: "Chris writes me love letters for all 12 days of Christmas," Sally says. "It's pretty darn sweet!"

What marriage means to him: "It's having a loving pal to weather life's storms and celebrate life's highs with," he says. ▶



Chris and Sally put date night on their calendar.

Lunchables

Unstoppable.

Check out all the varieties of LUNCHABLES now made with whole grain.
They're a great way to unlock your kid's potential.

it doesn't get better than this





Ray uses his murals to express his love for art, his country, and—above all—his devoted wife, Maria.

WINNER TAKES ALL

Ray Sorensen, 30

GREENFIELD, IA

Graphic designer and painter

Married 3 years to Maria, 24

graphic-design company they run in Greenfield, IA; Maria handles the photography and Ray creates original artwork and does graphic design. “We’ve always been a great team, so it was a really easy decision to open a business together,” Maria says. “It’s wonderful to be able to spend all day with the guy I love. We bring our dogs, Reagan and Lincoln, up to the studio, and someday we want to bring kids there too.”

Maria is in awe of Ray’s artistic passion and the amazing impact he’s had on their community. “My husband puts on a tough-man front, but he shows his romantic side through his artwork, especially the murals,” she says. “I’ve never met someone so inspired.” It all began in 1999 when Ray, a lifelong history buff (note the dogs’ names!), saw *Saving Private Ryan* in the theater. “I thought, *Wow, how lucky am I that this is as close as I’ve gotten to war?*” Ray remembers. “I wanted to do something.” So the following Memorial Day, he found a prominent boulder in town and painted it with a war scene that read, “Thank you, veterans, for our freedom.” Honored and moved, a group of local veterans presented Ray with a flag and asked him to repaint the boulder each year with a new design to honor the U.S. troops. Word got around about what became known as the Freedom Rock, and Ray began receiving requests to paint patriotic murals nationwide.

Ray also uses this very public forum to privately express his love for Maria: “I hide love notes for her in every piece of art,” he says. “Sometimes I’ll write

little messages, sometimes I’ll include symbols, and other times I’ll etch in our initials. It’s my way of keeping our love alive eternally.”

What makes him so hot: “Ray is 6-foot-3 and I’m 5-foot-3, so he towers over me, which makes me feel safe,” Maria says. “I love how just by wrapping his arms around me, he can guard me with his whole body.”

How he feels about his big win: “I knew there were a lot of good guys up for the prize, but we couldn’t be more excited,” Ray says. “The vacation [a 7-day, 6-night getaway to St. James’s

Club in Antigua] is a bonus because we never got to go on our honeymoon. We’d saved up, but 10 days before the wedding, our dog Reagan got hit by a car, so we ended up using the money on his vet bills. We were happy to save our dog, but it will be so great now to get away with my wife.”

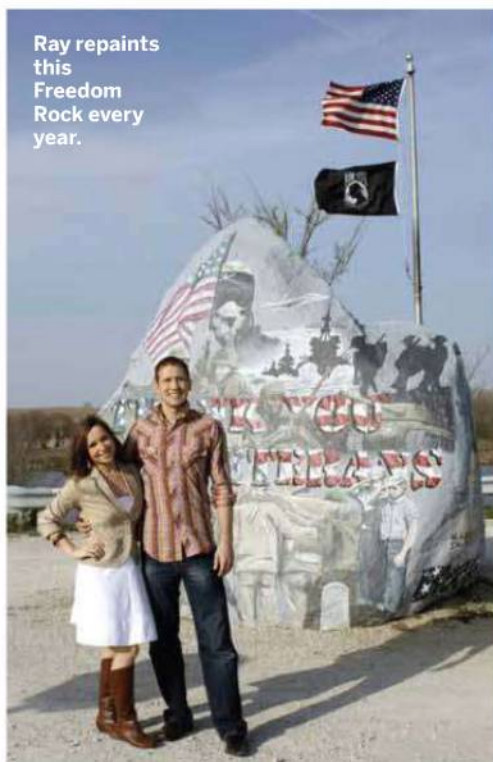
What the guys said: “My old frat brothers gave me a laundry list of things they’d do to help me win, like sending out mass emails and posting about it to their Facebook pages, but I got a lot of crap, too,” Ray says. “They called me Hubba Bubba, Coverboy, and REDBOOK Rock Star.”

How they keep their marriage strong: “It’s about honesty, and my dad likes to say that you can’t separate Maria and me with a crowbar,” Ray says. “Most people say they’d go crazy owning a business with their spouse, but we thrive off it.”

His most romantic gesture: “Ray doesn’t just hide love notes for me in his murals,” Maria gushes. “He also surprises me by penning our initials all over the house. He never tells me, but when I find them I always smile at the sweet gesture.”

The award he’d give Maria: “America’s Most Compassionate Wife, because she’s got such a big heart,” Ray says. “She loves her nieces and nephews and adores animals; one day she wants to start a dog rescue.”

What he wants women to know about men: “When a man gives you a compliment, you should know that he means it and say, ‘Thank you,’” Ray says. “Even if you don’t think you look good that day, he really finds you attractive, and you should believe him.” ►



Ray repaints this Freedom Rock every year.

Turns the Goldstein residence
into the *Goldstein*
RISTORANTE



Mary Goldstein is not your typical Italian restaurateur. She simply pours new Bertolli® Arrabbiata Sauce with its juicy tomatoes, spicy red peppers and pure olive oil over baked chicken for a restaurant-worthy meal at home in no time. Bravo Maria!

For your own menu of ideas visit BertolliRistorante.com.



Italy is served.

Iowa artist Ray Sorensen
with wife Maria





You Voted ← Him America's Hottest Husband

A slow smile, strong shoulders, and piercing blue eyes make Ray Sorensen hot—but we think it's his love for his wife and his country that convinced the nearly 15,000 of you who made him the winner of our 11th annual contest. Read his love story and you'll be glad you did. Plus, turn the page to meet our five sexy runners-up!

THE ART OF A GREAT MARRIAGE

It was Ray Sorensen's sensitivity that first won over his wife, Maria, so after two years of dating, she was shocked and a bit upset when, despite her broken nose and stitches from a softball accident, he dragged her to the Iowa State Fair for a Sara Evans concert. But Maria cheered up fast when Ray surprised her with a larger-than-life proposal—the moment was captured on the big screen, and the singer stopped her show to congratulate the newly engaged couple.

The pair tied the knot in 2007, and three years later, they still can't get enough of each other—they even share workdays at the

By Lindsey Palmer, Leticia Frazao, Laurel Leicht, and Nicole Yorio

changed from “in the danger zone in several key categories” to “facing imminent demise.” Forgetting the childhood lesson learned from that hoagie-loving *über*-husband, Cliff Huxtable, and his hoagie-denying *über*-wife, Clair, from *The Cosby Show*, I made the mistake of telling my wife about the diagnosis. So now every morning and evening, my wife makes me a greenish-brown “smoothie” to drink. It’s made from things like kale, flax seed, and spinach, and it has the consistency of motor oil. It’s so bad it makes my taste buds feel ashamed. And yet my wife dutifully makes it for me, twice a day, because it’s packed with my daily servings of fruits and vegetables. Karel is a smart, successful, and energetic woman who would do just fine without me. Every time I drink one of her sickly-Yoda-colored drinks, it’s like a little reminder that she doesn’t want to do just fine without me—she wants to do just fine *with* me. And I love that.

WE LOVE THAT WE KNOW EVERYTHING ABOUT YOU (AND VICE VERSA).

Everyone in the Focus Group of Manliness agreed that after X years of marriage, there is very little we don’t know about our wives or they don’t know about us. But even though our relationships may lack mystery, we all love that you know exactly how we feel at a particular moment and why we feel that way. And we also love knowing how *you* feel at a particular moment and why you feel that way. That kind of intimacy is like a big

plate of waffles on a cold morning. It might be syrupy sweet and make you fat and lethargic, but it’s comforting, heartwarming, and delicious. And if you pair it with some fried chicken, it can also become sorta sexy. To be honest, I don’t know what the fried chicken in this metaphor represents. I just really like fried chicken and waffles.

WE LOVE THAT YOU TALK OUR EARS OFF.

When I’m not yakking about why I love my wife over a plate of wings and some beers with the guys, I’m actually pretty quiet. For me, there is something soothing about how much my wife talks. It’s like she’s doing the talking for the both of us. It’s relaxing. Her constant talking is like having a rerun of my favorite TV show on in the background after a long day: It’s familiar and funny and you can kind of tune in and out as you unwind.

WE LOVE HOW YOU SOLVE PROBLEMS.

The rabbi describes the way his wife tackles obstacles as full of drama: She rages, she cries, she internalizes everything. Her system of problem-solving takes a long time and involves making everything personal and leading with her emotions in a quest to see how she would feel about each possible solution. It is apparently a very stressful process. In contrast, the rabbi’s problem-solving method is to just try to find the fastest fix. When I asked him why he preferred his wife’s method, he said it was because



Between due dates and play dates

The smooth taste that makes any day better.

©2010 Seattle's Best Coffee, LLC

Uncommonly Smooth.

Available in the coffee aisle.

"her decisions always end up being the right ones, whereas mine always end up being the quick ones."

WE LOVE YOU—EVEN IN YOUR SWEATS.

There is something to be said for the things in life that are effortlessly sexy. Sometimes lingerie and Princess Leia outfits feel forced, which can make everything that follows feel a little awkward. My wife has a ratty pair of sweatpants that she's owned since before we were even dating, and they are just about the sexiest thing on the planet. By some amazing alchemy of time blended with constant usage, these sweats have totally conformed to the shape of her body. They have holes above the pockets that show off the swoop of her hips and they have somehow managed to maintain their shape in the back so that they accentuate one of her finest features. I would take this pair of sweatpants over lingerie or Princess Leia outfits the majority of the time. Which is why it wasn't that my wife was all glammed up the first night we had sex that made me think we could be physically compatible for the long haul—it was the fact that I wanted her just as badly the next morning.

WE LOVE THAT YOU LOVE US.

When asked what's the most surprising thing that he loves about his wife, the U.S. Marshal says simply, "that she puts up with me." 'Nuff said. **R**

6 THINGS WE HOPE YOU LOVE ABOUT US

- 1 Food and sex will inspire us to move mountains.
- 2 We don't care about those 15 pounds you're worried about. The only thing we care about is your health and happiness. What's more, we don't know any guy who is worried about the 15 pounds his wife is worried about.
- 3 Our standard of clean is very, very different from your standard of clean.
- 4 Even though the game on TV is much more important to us than your nephew's bris, wedding, or bail hearing, we show up anyway.
- 5 We consider cornbread a vegetable.
- 6 We will never understand your obsession with *Twilight*—if vampires were real, they would probably have terrible breath and they certainly wouldn't sparkle.



REDBOOK columnist Aaron Traister lives in Philadelphia with his wife and two kids. His work has appeared on babble.com and salon.com.

"We're tough to beat just like **OxiClean®** is on stains!"



OxiClean® is the ONE That Gets It DONE All Around Your Home!

OxiClean® Versatile Stain Remover has over 101 uses and is color safe and chlorine free.

- ✓ Laundry
- ✓ Color-Safe
- ✓ Chlorine-Free
- ✓ Decks/Outdoor
- ✓ Carpet
- ✓ Furniture
- ✓ Hard Surfaces
- * Grease, Grime & More!

Look for it in stores everywhere or to have the product shipped directly to you, call 1-888-OXICLEAN or visit www.OxiClean.com.

...Gets the Tough Stains Out!

©2010 Church & Dwight Co, Inc.

What ~~men~~ ^{We} love about ~~women~~ ^{You}

Is it the way you comb your hair? The stylish clothes you wear? Our guy columnist reveals what really makes your man's heart melt. By Aaron Traister

A pastor, a U.S. Marshal, a rabbi, a lawyer, and a guy who writes a column for a women's magazine all found themselves in the same Irish bar on the weekend before St. Patrick's Day. Is this the beginning of the worst joke ever told? Perhaps, but it's also a totally true tale of masculine diversity uniting and bridging political, cultural, religious, and philosophical differences in an unprecedented attempt to answer the burning question on every woman's mind: What do men love so much about women? You guys may think we dig you because you have a great sense of humor, look hot, or can make a mean macaroni salad—and those are certainly lovable qualities. But they aren't really what we love most about you. Several hours of discussion, many beers, and more than a few plates of chicken wings later, I was able to compile my list. (Then we all hugged. It was kinda weird.)

Anyway, without further ado—or further awkward stories about men hugging—I present a list of the things we men really love about our wives, created from the weepy declarations, tipsy ramblings, and uncomfortable announcements I culled from my “Focus Group of Manliness.”

WE LOVE IT WHEN YOU TAKE CONTROL.

It might seem like we hate it when you're bossy, but really, we only hate it when you boss *us* around. When you get badass with other people, it's totally hot. My wife was working from home the other day, and while she was on a conference call, I listened to her chew someone out for screwing up. She didn't yell or get nasty, but she

made sure the person knew how displeased she was, and then completely shut down any excuses they tried to make; by the end of the call she had them apologizing. She was in total control, and everyone on the call knew it. It was at that moment that I realized my wife is a professional badass—and that I find it ridiculously sexy.

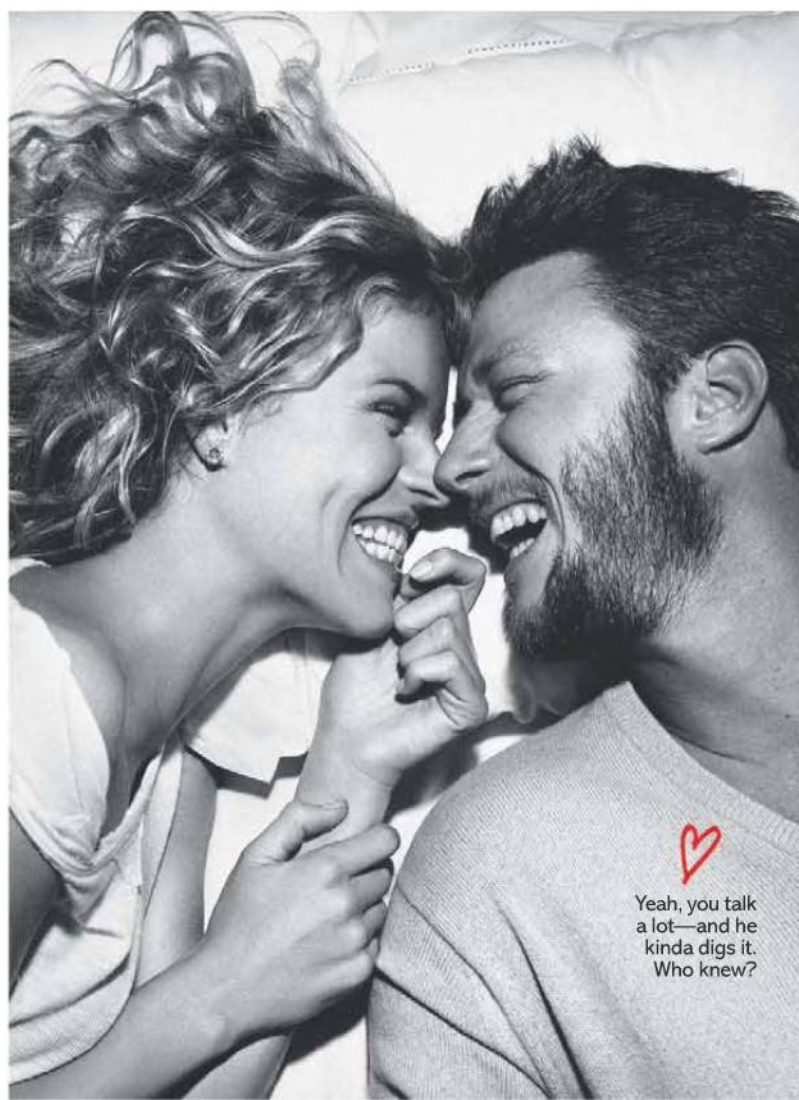
WE LOVE WATCHING SPORTS WITH YOU—SORT OF.

While we consider watching sports mostly a guy thing (because of the cursing and the gluttony), every now and then we are happily surprised by your interest in and enthusiasm for our favorite athletic competition. “There is one sporting event every year that I love sharing with my wife: filling out our NCAA men's basketball tournament brackets,” my lawyer friend explains. “We've been filling out our brackets together every March

since we first started dating. She was a ‘bracket virgin’ before we met, but now her enthusiasm for picking teams is pretty amazing. She chooses with her heart using a complicated system of geography, underdog status, and familial connections. Her brackets are an example of who she is—they are all about loyalty, hope, and happy memories. Her sense of conviction is so strong, it can make you believe that Lehigh has a shot against Kansas. How can you not love that?”

WE LOVE THAT YOU DON'T WANT US TO DIE—YET.

I recently went to the doctor for a checkup and learned that my overall physical assessment had



Yeah, you talk a lot—and he kinda digs it. Who knew?

ALL THE DELICIOUS TASTE OF ANGUS STEAK



FINALLY IN CONVENIENT HOT DOG FORM.

©2010 Sara Lee Corporation.

MADE WITH 100%
ANGUS BEEF.
Take a bite of excellence.



ANGUS
BEEF FRANKS

Would **YOUR** guy try...

Hair coloring

Despite the fact that many people think salt and pepper looks great on a guy, I am not one of those people. I prefer a little more pepper than salt, but I didn't want to cover all my gray, so I tried Redken's Customized Camouflage Service, which just "takes the edge off" gray hair. I went to NYC's Cutler Salon, which looks like the bridge in the recent *Star Trek* movie. Everyone was superfriendly—and very concerned about my hydrating needs: Every single person who spoke to me asked if I wanted water. It appeared instantly before me in a nice tumbler with a wedge of lemon, and by the time I brought it to my lips, I was ready to get my hair rinsed. The service was that quick! The darker shade looks good with my skin, and unless I'm fooling myself, I don't think anyone has noticed, which is a good thing—it must look pretty natural. **BRUCE, 48, photo director**



Your guy can try this at home

Just for Men Touch of Gray, \$8.



Body scrub

Believe it or not, this was not my first trip to Manhattan's Paul Labrecque Salon and Spa. In my wife's attempts to woo me, she used to treat me to amazing massages there. But it had been a while (*ahem, honey*), and I'd never had a body scrub. I was surprised to find a pair of tiny, salon-issued bikini bottoms waiting for me. Ever hear of boxers, folks? We're not in Europe! At first, the treatment bordered on uncomfortable, as if the aesthetician were scraping my legs with rock salt and sandpaper, but I got used to it. After a quick rinse-off, we got to the good stuff: 20 minutes of getting lubed up with lotion. My favorite part was the two-minute scalp massage at the very end.

Next time, hold the salt and head straight for my scalp!

DAVID, 36, waiter at a steak house



Your guy can try this at home

Dove Men+Care Deep Clean Body and Face Wash with Microm moisture, \$5, and Active Clean Shower Tool, \$4.



Facial

What's a guy like me doing in a place like this? I thought anxiously as I walked into the quiet, soothing Jillian Wright Clinical Skin Spa in Manhattan. But Jillian herself welcomed me and made me feel right at home. She also gave me the facial, talking through the importance of the different stages of the treatment. The facial was relaxing... and painful. During the extractions, I thought, *Thank God my eyes are covered, otherwise she'd see a grown man cry*. But at the end my face felt soft, clean, and healthy. You know, I always thought of facials as a luxury for women, but now I feel like it's an important part of maintaining healthy skin. I'll definitely shoot for at least one facial a year, and have already made plans for my wife to have one soon. **JEFFREY, 38, contractor/carpenter**



Your guy can try this at home

Billy Jealousy Liquid Sand Exfoliating Facial Cleanser, \$24.



Bikini wax

Before my bikini wax at NYC's Completely Bare, I was given a lot of advice, like "take three Advil beforehand" and "make sure you breathe out when they pull." I decided to pour myself a pint of Jameson and do it the Old West style: whiskey-sthesia. When I put on the paper undies, my bum was exposed and my *huevos* were hanging out, but the waxer, Elle, was very professional. I especially enjoyed the options she presented me for waxing (I passed on the backside and testicles, thanks, but maybe next time) and chose the classic bikini: inner thighs, *inner* inner thighs, around my man. I didn't find it painful at all, but Elle said I have a very high threshold for pain (thank you, Mr. Jameson). My female friends say they now may start doing shots before their waxing appointments. Hey, how about a waxing bar? **ERIC, 37, owner of a licensed-sports-apparel sales agency**



Your guy can try this at home

Philips Bodygroom Pro BG2040 body groomer, \$70.



NEW

Colgate®

PROCLINICAL™

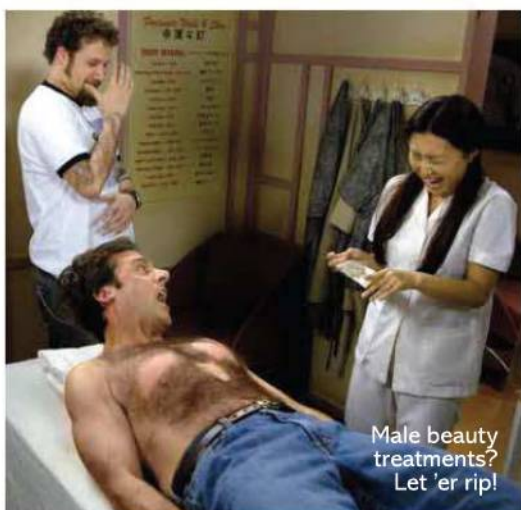
Professionally Inspired
High-quality Ingredients
Clinically Proven Technology



- **Daily Whitening:** ProLuminex™ Whitening Crystals brighten and illuminate
- **Daily Cleaning:** Prophy Silica™ Polishing Micro Buffers for gloss and a clean feeling
- **Daily Renewal for Enamel:** ProMinerals™ Complex fortifies and strengthens enamel

**A special line of toothpaste designed by the experts
with high-quality ingredients that deliver clinically proven benefits.
Satisfaction guaranteed*.**

*Satisfaction guaranteed or your money back. For details visit www.colgateproclinical.com or call 1-877-753-0262.
Offer limited to 1 per name, household or address. ©2010 Colgate-Palmolive Co.



Male beauty treatments? Let 'er rip!

Would **YOUR** guy try...

Spray tanning? Hair color? A bikini wax? In a role-reversal road test, we sent 7 macho men for some girl-style grooming.

Airbrush tanning

I had two fears going into this: one, being trapped in a tiny tin can that sprayed me like those puffer security machines at the airport; two, walking out the color of a basketball. And neither happened! I went to the Rita Hazan Salon in New York City, where I was greeted by Anna, the tanning pro. Anna noticed my Casper-esque skin tone, pegged me as a first-timer, and gave me the play-by-play of what was going to happen. After discussing undergarments, color levels, and the drying process, I stripped down to my drawers.

The process itself was kind of like standing under a water spritzer at an outdoor bar. Before I put my clothes back on, I checked myself out in the mirror and—outside of my known imperfections—I looked good! **ANDY, 34, pro sports marketing director**



Your guy can try this at home

Neutrogena MicroMist Tanning Sunless Spray, \$12.

Your guy can try this at home

Colgate Motion Whitening Battery-Powered Toothbrush, \$6, and Pro Clinical Whitening Toothpaste, \$4.



Mani-pedi



When I entered the Red Door Spa in Woodbury, NY, I was brought to a relaxing waiting area and offered tea. Tea? Why not? When is the next time I'll be sipping tea in a spa? For the pedicure, I sat in a big, comfy chair with a foot bath while Danielle, my spa specialist, talked me through the treatment.

When she started to scrub my feet, I nearly kicked her—I'm very ticklish. But I made it through the cuticle grooming, nail trimming, and, of course, the foot massage. The manicure was very similar, though less tickle-y. Danielle wanted to gloss my nails, which of course I wasn't having. But I did agree to let her buff them, and then felt bad an hour later when I found myself caulking my windows and messing up my manicure. **BILL, 31, phys ed teacher**

Your guy can try this at home

Ace nail tools, \$7 each.



Teeth whitening

I finally quit smoking recently, but many years of that nasty habit had really yellowed my teeth. I am getting married in November and want to look my best in my wedding album, so this was the time to get over my irrational fear of the dentist. At the Manhattan office of Michael Apa, D.D.S., I was offered a variety of distractions to use during the procedure, such as iPods, movies on DVD, and noise-canceling headphones—in other words, gadgets! I got a quick cleaning, and then came the tube of bleach. The only discomfort I felt was a jaw cramp from my mouth being held open by a plastic tray for 45 minutes and minor sensitivity for a few hours afterward, but overall it was painless, and yes, I'll go to the dentist again.

TOM, 33, video editor



CLARISONIC. YOUR 60-SECOND TRIP TO THE SPA EVERYDAY.

clarisonic

Clean, healthy, younger-looking skin begins with Clarisonic.

Experience the same professional-caliber sonic skin cleansing that spas and dermatologists are raving about. Clarisonic helps reduce oily areas and dry patches, and minimizes the appearance of fine lines and pores. Plus, it's non-abrasive and gentle enough for even the most delicate skin types. Beautiful skin brought to you by the lead inventor of Sonicare®.

6x

more makeup
removal than
manual cleansing

61%

better absorption
of vitamin C
after use¹

100%

risk-free, money-back
guarantee

Clarisonic.com



SEPHORA

NORDSTROM

NEIMAN MARCUS

DILLARD'S

HE'S GOT ALL THIS...

PATRICK DEMPSEY'S LUSCIOUS LOCKS, which we'd gladly brush off his careworn forehead anytime.

MATT DAMON'S GENUINE SMILE.

TAYE DIGGS'S CHEST. After a long day, what better place to snuggle up for comfort?

MATTHEW McCONAUGHEY'S ABS.

ASHTON KUTCHER'S TWITTER SKILLS. Behold the modern man, who can bare his soul in 140 characters or less.

DAVID BECKHAM'S LEGS.

JUSTIN TIMBERLAKE'S SEXY FOOTWORK. He leads, we follow.

GEORGE CLOONEY'S BEDROOM EYES, and oh, those wrinkles and crinkles (if only we could age so well!).

CURTIS STONE'S CULINARY CHOPS. He's got an irresistible pickup line: "Dinner's ready!"

MEET THE sexiest man ever

This month, we gave ourselves a plum assignment: Create the world's hottest guy. So... with a little Patrick Dempsey, a dash of Taye Diggs, and some Jude Law, George Clooney, and Will Smith mixed in, we built a better man—part by delicious part.

... AND SO MUCH MORE

- ✓ Drew Brees's **CONFIDENCE.** When the New Orleans Saints QB led his team to Super Bowl victory, our hearts beat overtime.
- ✓ Jude Law's **ACCENT.** The dictionary, the McDonald's drive-through menu: He reads it, we weep.
- ✓ Will Smith's **CHARM.** sweep-you-off-your-feet
- ✓ Dwayne Johnson's **BIG** ♥.
- ✓ Tim Gunn's **ELEGANCE.** We wish every guy had his manners!
- ✓ Jack Bauer's **COURAGE.** Yes, fictional men count. Especially when they're played by Kiefer Sutherland.
- ✓ Jeff Bridges's **"DUDE-NESS."** Because as much as we like a guy who can get ahead, we also like one who can kick back and relax.

It's time to
INDULGE



JELL-O Sugar Free Chocolate Pudding
60 indulgent calories



It's me O'Clock

SHRINK AWAY

FLATTEN AWAY

FADE AWAY



Treat Scars - New and Old

ScarAway introduces our **Patented Silon® Technology**, trusted and used by Burn Centers, Plastic Surgeons and Hospitals around the world. Now, the same technology is available to you, without a prescription, at Walgreens and other local retailers. Finally, a real solution for scars.

All Skin Tones • All Ages
www.MyScarAway.com

©2010 Mitchell-Vance
Laboratories LLC



ScarAway®

The Solution for Scars™

Silicone Scar Sheets

So ask yourself: Where are the women who are likely to overlook—or, better yet, embrace—your single parenthood? Are you involved in your child's school? Wherever there are parents, there will be single moms. Be a classroom dad, offer to drive for the next field trip, coach a team. Or sign up to take a class yourself—any class will do. Do you like photography? Want to become a certified scuba diver? How are your pasta-making skills? (Opening a box of mac and cheese doesn't count!) If the thought of a class is too intimidating for you, sign up for a hiking trip or weekend of white-water rafting. Or you can volunteer at a local art or recreation center.

The key is to find an activity that you might genuinely enjoy, show up, and have fun. The great advantage in any of these settings, especially for a shy guy such as yourself, is that there are regular arranged meetings, and there's always something to talk about. And the male-to-female ratio will almost certainly be in your favor. Aside from the years I spent in film school, where the guys regularly outnumbered the girls, every other class or organized trip I've ever arranged, taught, or participated in boasted many more women than men.

And hey, you might also consider getting that puppy!

WILL MY WIFE CHEAT ON ME AGAIN?

Q My wife of five years has been having an affair with a coworker for more than six months. As far as I know, this was the first time she cheated on me. When I found out about it, I confronted her and gave her the choice to leave or stay. She decided to stay with me and work on our relationship, but only two weeks later I discovered she

was back at the other guy's house. Should I forgive my wife again? Will she really change, or will she continue to stray? We have two daughters.

—T.J., 32, FORT COLLINS, CO

A In the grand scheme of things, yes, you should forgive her. It is good for our own mental health to forgive people and move on. The more important question is, should you work hard to forgive her *now*? Probably not. To forgive someone truly from the depths of our hearts, we need to have worked through our feelings of hurt, betrayal, and rage. In other words, the mere *idea* of throwing a dinner plate at your wife's head needs to be a long distant memory. Can you honestly say that's true for you at the moment?

Given your wife's recent behavior, it's unlikely she's going to change. Does that mean you should kick her out tomorrow and change all the locks? Maybe or maybe not. The fact is, the heart tends to be a slow learner. Sometimes we have to have it stomped on a half dozen times before we realize that it doesn't deserve such abuse and we begin to pay more attention and do what we need to do to protect it.

What this means in a practical sense is taking it day by day. Your wife will have to do a lot to earn your trust, and time will need to pass for her to show you if she's capable of changing her ways. If you can, grant her this time—but don't allow yourself to be beaten up by the situation. What boundaries do you need to draw? What support systems can you set up to help you?

You must also realize that if things continue on in the way they have up until now, the time will probably come when you've reached your limit. So while you wait for all this to play out in whatever way it does, be sure to invest in your relationship with your girls. Enjoy them and what's going on in their lives. It'll help the time pass and will benefit all of you immeasurably.

I CAN'T HANDLE ONE MORE KID

Q Some time ago, I read another letter in this column, "I Want More Kids and He Doesn't," and I have a question from a husband's point of view: My wife had three boys from her previous marriage, one of whom has autism. She's now pregnant with our child, who will be our fourth. She wants eventually to have five kids. I love my wife dearly but feel we have our hands full

already. And that'll be especially true when the baby is born. I've been trying to convince her that we should stop with four. Any advice?

—W.W., 32, LINCOLN, NE

A If it makes you feel better, you're right. Five is a handful (not to mention enormously expensive). You're wise to try to take the long view. But **I'm not sure there are any magic words out there that will make your wife change her mind.** Your best hope is to keep the channels of communication open. Do you know why she's determined to have five? Have you discussed what it might mean to her to have to settle for four? Have you convinced her that

you're truly happy with only one biological child of your own? (It's possible she's worried that unless you have at least two of your own children you'll feel put upon helping to raise another man's kids.) So, talk about it and then talk about it some more.

Luckily, at the moment, time is on your side. **You don't have to come to a firm decision until after the new baby is born,** after which you can count on all hell breaking loose for a while. And you never know—perhaps having four kids under foot will make your case for you with your wife. In the meantime, focus on enjoying your new little one. The cliché is true: They really are babies for such a short time. So try not to let your concern about your wife's dreams for the next child detract from this amazing experience. **R**



Karen Karbo is an award-winning writer and the author of *The Gospel According to Coco Chanel: Life Lessons From the World's Most Elegant Woman*. For more advice, go to redbookmag.com/karenkarbo.

TARA DONNE



BUY ONE GET ONE FREE

Old Orchard
Healthy Balance 64 oz. juice.

Retailer: We will reimburse you for the coupon face value plus 8 cents handling if you and your agent comply with the terms of this offer. Any other use constitutes fraud. Invoices showing sufficient inventory to cover all claims must be presented upon request. Coupon may not be assigned or transferred. Cash value 1/20 cent. Mail to: Old Orchard Brands LLC, P.O. Box 880042, El Paso, Texas 88588-0042. Expires 12/31/10



Your partner for a healthier lifestyle.

When it comes to making smart choices to build a healthier you, Healthy Balance from Old Orchard is on your team. With 75% less sugar, carbs, and calories than regular juice, it's the juice that's fit for your lifestyle. Visit healthybalance.com.



For coupons and promotions - www.facebook.com/healthybalance



Follow us on Twitter @Healthy_Balance





Guys' most private questions—answered!

This month, REDBOOK's advice guru, Karen Karbo, shares her straight-shooting wisdom with the opposite sex.

HOW CAN A SHY SINGLE DAD FIND LOVE?

Q I am a single father looking for love, and my biggest problem is that a lot of women will not date me because I'm a dad. I am not a big drinker and partier, so the possibility of meeting women out in the social environment is nonexistent. I am active in many hobbies, but they are hobbies where I tend to be either by myself or with other men. I have tried the online dating thing, and it didn't work for me. I'm also pretty shy. So my question to you is: How can I meet a woman with my current situation being the way it is?

—J.D., 34, SAN ANTONIO, TX

A I find it hard to believe that women are turned off because you're a dad. In my neck of the woods, a caring single dad is almost as appealing as a man in the park with a new puppy. So I'd say it's not your life circumstances that are holding you back; maybe you're just looking for love in all the wrong places (as the old song goes). You mentioned not being able to meet women "out in the social environment." But remember, that environment is bigger than the local tavern. ►

what you want – summer solutions



Got Fungus?

Nail it with Fungi-Nail®. Fungi-Nail eliminates embarrassing finger and toe fungus, guaranteed. Fungi-Nail is the #1 antifungal recommended by pharmacists. Its double strength solution is proven effective with visible results in just weeks. And Fungi-Nail is now available in a new pen brush applicator to get the right amount right where it's needed. funginail.com

European Secret...Erases Unwanted Hair Painlessly!

Europe's best-selling hair removal system is now available in the U.S.

Smooth Away safely removes unwanted hair instantly and painlessly with gentle microcrystals that turn hair into dust. No nicks, no cuts, just perfectly smooth, exfoliated soft skin. Available: Bed Bath & Beyond, Walmart, CVS, Walgreens, Sally Beauty, Rite Aid, Target, Dollar General or Getsmoothaway.com.



Fade Away Dull Uneven Skin Tones

For brighter, more even toned skin, use Porcelana's Day and Night Skin Lightening Creams. Both formulas are proven to fade discolorations, blemishes and dark spots caused by sun exposure, age, acne, pregnancy or oral contraceptives. Experience the skin you were born to love.™ Call 1-800-820-8717 for the nearest retailer or visit nicenebrands.com.



"Take it once a day, every day!"

28 Days To Healthier Gums!

Stress, illness, improper diet or inadequate oral hygiene can lead to poor gum health. New GUM® PerioBalance® daily, dental probiotic mint-flavored lozenge reduces plaque, fights bad breath, and promotes healthy teeth and gums in as little as 28 days! Available in the Oral Care Section at major drugstores. Use promo code PB2 to receive \$2 off your online purchase at periobalance.com

Crazy Good Fiber

Some ideas are good and some are Crazy Good! Vitafusion® Fiber Gummies pack 5 grams of fiber into each delicious serving. Specially formulated for adults, you'll love the natural, sugar-free fruit flavors and colors. They're easy to take and so tasty. Available at Target® and CVS.® nwnaturalproducts.com



Relief At Hand!

Fibromyalgia Relief® and Ring Relief® Dual Delivery Homeopathic Caplets. Newest products to market for bodywide aches and pains and ringing, buzzing or unexplained noises due to Tinnitus. **Get \$2 off coupon for Caplets only at trpcaplets.com.** CVS/pharmacy, Duane Reade, Meijer and Harris Teeter. Try Ring Relief® Ear Drops, #1 selling Tinnitus product. Call 1-888-969-6855.



Hot Flashes Are History!

Hormone-free, OB/GYN-recommended Remifemin® menopause and perimenopause relief is the safe, natural alternative to hormone therapy. Trust the world's most clinically tested brand — experience 70% reduction in hot flashes, night sweats, mood swings and irritability! remifemin.com

Know Someone With Agitated Legs?

How can anyone fall asleep when their legs are still awake? If you or a friend suffer from unpredictable and painful leg movement, Hyland's Restful Legs provides comfort and relief. Relax without worry or interruption! Free 2 day sample: 1-877-224-0380 or restfullegs.com



Wrinkles, Dark Circles, And Bags-Good Bye!

A clinically proven combination of ingredients including Peptides and Stem Cells that drastically reduces eye wrinkles while diminishing dark circles and under eye bags. Look great this season without the dark circles and bags stress can cause! Use promo code 'RED6' at Demajuv.com for 10% off.



Live the legend.



made of AMERICA™ **STETSON.**

www.stetsoncologne.com

redbook notebook

what's new, noteworthy & now

june

SURPRISINGLY UNEXPECTED AND TOTALLY CUTE

The Madrid sandal from Birkenstock is the original fitness sandal, and now it's available in a range of fun colors, including Coral, Opal, Citrine, Olivine, Amethyst, Bright White and Onyx. Its little ridges and valleys are perfectly placed to support your arches, and improve your muscle tone and mood. Available at better specialty retailers. To find a store near you go to www.birkenstockusa.com.

Shown here in Coral.



CLARITIN® 12-HOUR

Claritin® 12-Hour works hard from morning to night to provide non-drowsy relief from your worst allergy symptoms so you can get through your busy day.

Claritin® relieves:

- Sneezing
- Runny Nose
- Itchy, Watery Eyes

Visit www.claritin.com for coupons.

Live Claritin Clear®. Indoors and Out.

Use as directed.



FACEBOOK.COM/REDEVENTS

Become a fan of REDBOOK Events on Facebook to learn more about special offers and opportunities from REDBOOK. Plus, share posts and comments with fans from across the country. Find out more at www.facebook.com/redevents.



DISNEY'S PRINCESS HALF MARATHON



REDBOOK was proud to be the official media sponsor of the second annual Disney's Princess Half Marathon Weekend presented by Lady Foot Locker. Women from all over the world came to celebrate victories, milestones and achievements. Congratulations to all race participants, and thank you to our advertising partners. Visit www.disneyprincesshalfmarathon.com.



BIRKENSTOCK **truvia**
Made in Germany • Tradition since 1774

SUMMERTIME LIVING

Grab your SPF and get out in the warm sun! It's finally time to bring out the bright whites and indulge in sweet treats. This season brings picnics, pools and vacations—fun for the whole family! And, you can count on these products to help you enjoy the best that summer has to offer.

Go to www.funfamilyextra.com for more info from Thematics and REDBOOK on how to handle the heat!



Try all of our
Simply delicious
juices and drinks.



©2010 Simply Orange Juice Company



BECKHAM
signature



SIGNATURE, THE FRAGRANCE BY DAVID BECKHAM

MCGRAW

The cologne by Tim McGraw





You'll plan your trip and say, "The tickets are 400 bucks; that's not bad. Wait—I need *eight* of them." In fact, when you go on Orbitz or whatever, they won't let you do more than six at a time. So I have to break up the family into two reservations.

Any Chevy Chase *Vacation* moments?

Once I was carrying Finley through security at an airport, and the guard said, "Let him walk through." Finn was sick, so I said, "Trust me, you don't want me to put him down." The minute I did, he projectile-vomited through the X-ray machine. I was like, "Hey, there you go." I used to try to be really low-key on airplanes, with my hat pulled down. Now I pre-announce to people around us, "I want to apologize in advance." When Chip was 3, as soon as we sat down, he said, "My dad was Robin in the Batman movie." I was like, "Oh, my God. How are you guys doing?" I give up.

Do you think you'll stop at five?

Oh, my God, yeah! To be honest, we got to four and said, "Wow, this is a lot." We really wanted to have another girl, but we thought, *That's crazy*. A year later we found out [we were pregnant] and were like, "Okay, a little miscommunication there...." [Laughs] But things work out for a reason, and we can't imagine our life without Maeve. Look at those little pigtailed—she's Cindy Lou Who!

How do you and Caroline manage to find time for yourselves?

Our time is after 8 p.m., after the kids are all in bed. Friday night we had dinner at this nice tapas restaurant; we were drinking sangria and came home at 12:15 a.m. That's a wild night out for us, because you have to answer

the bell the next morning. Maeve starts crying at 6:45 a.m., and we'll start kicking each other under the sheets: "Maeve is crying. Get her." Or you'll do that fake pretend sleep, where as soon as the other person gets up, you'll say, "Oh, are you going to get her? I'll stay here then. I didn't even hear her." We'll also do weekends away occasionally, just the two of us, which I think is important.

What do you aspire to be as a dad?

I think it's easiest to teach by example. My dad didn't tell us to work hard; we just saw how hard he worked. I know I have shortcomings—like a short fuse—but I've learned you can't come home from a long day of work and snap at the kids. Caroline is really laid-back, so she's helped me with that. I'm lucky. I think we balance each other out.

So, the truth—do men like to cuddle?

I do! Some people aren't touchy-feely, but I grew up in a family where you'd walk into the family room and there'd be five people on the couch with an arm here, an arm there, everyone scratching and taking turns. I have to twist Caroline's arm to get a back scratch, but I've got my kids pretty well trained.

Ever have one of those moments where you look around at your life and say, "Ah, this is what it's all about"?

For sure. When I'm sitting in the backyard at the end of the day with a glass of wine, watching the kids having fun and clowning around, for me, that's what it's all about. I have my own worries and concerns and frustrations, but I'm doing something I love to do. My wife and kids are in good shape. What is there not to be happy about? **R**

MAN AT WORK



1993 THE THREE MUSKETEERS
In Disney's action-adventure, Chris was D'Artagnan, the rookie "fourth" musketeer.



1995 BATMAN FOREVER
Stepping into Robin's classic cape made Chris a household name.



1992 SCENT OF A WOMAN
This Academy Award-winning drama gave Chris his breakout role.



1995 CIRCLE OF FRIENDS
Chris + sexy Irish accent = Minnie Driver's best friend with ever-so-much potential.

2010 NCIS: LOS ANGELES
Chris keeps the L.A. streets safe with partner LL Cool J.

FOR FATHER'S DAY...

GIVE SPECIAL
GIVE FRAGRANCE

MCGRAW

SOUTHERN BLEND

A premium cologne from Tim McGraw



ing events. His only regret: that his busy schedule means he can't coach their teams anymore.

He's got the dad thing down, but what really makes this humble 39-year-old from the Chicago suburbs hunk material is his devotion to his wife of 13 years, Caroline. "The first time I kissed her, I was like, *Wow*," Chris recalls. "But she was the sister of a good friend, so my next thought was, *Oh, God—Andrew's going to be really pissed off!*" Today, the couple lives a laid-back existence in Los Angeles, where they host backyard barbecues and run the neighborhood flag football games. Chris says it's his warm if sometimes chaotic home life, not the whirl of stardom, that feels most comfortable to him: "I'm the youngest of seven, so I didn't know any different," he laughs. Read on for a peek inside one of the busiest households—and most rock-solid marriages—in Hollywood.

Here you are in REDBOOK's "Hot Husbands" issue. What's it like to go from teen heartthrob to sexy leading man?

Oh, God, that's funny. [Laughs] The only time it got really crazy was during *Batman*. Anywhere I went in the world, people knew who I was. I was being offered these huge films that would have taken my career to a different level, and I decided to put on the brakes. I knew if I continued on that track, I probably wouldn't have gotten married.



And marriage and a family had always been important to you?

I knew when I got into this business I couldn't have it both ways: I could live the playboy lifestyle, which is not a bad thing to do, or have a traditional family life, which is how I grew up. And that was more important to me.

How did you and Caroline meet?

I lived in the same building as her brother Andrew. She came to visit and we had a little smooch. I knew there was something special about her from that moment, but we didn't see each other again for three years. One night I was out with Andrew and said, "What is that little sister of yours

up to? Let's give her a call." So we did, and she was like, "Why are you calling me?" I didn't really know why, except that I had never forgotten her. And we started talking.... We dated for three years and got married when I was 26.

That's pretty young for a guy who's at the height of his fame.

I was in the right place earlier than I thought. I would think to myself, *Could I imagine not marrying her?* And there was just no way.

What is the glue of your marriage?

Our families have the same values and traditions, and I

think that goes a long way, because when the excitement and heat of romance wears off, those are the things you fall back on.

Let's talk about all those kids of yours: What's it like to have five?

I love it. I don't have as much time with Maeve and Finn as I did when Lily and Chip were their age, and that makes me feel a bit bad. But they're having a different experience; the kids create their own fun. One of my sisters has four kids and they live in our neighborhood. They're all inseparable.

What's it like traveling with everyone?

We usually bring a babysitter with us, so we have to buy tickets in packs of eight.

LUCKY IN LOVE

Chris's wife, Caroline, gives us the sweet truth about her hot (but squeamish!) husband.

Has Chris always been the hot leading guy in your life?

I've always been attracted to him and always will be. I see pictures of him from way back and he looked like he was 10. It's been fun to see him turn into a heartthrob!

Is there a difference between a "hot husband" and a hot dad?

He plays a vital role in our children's lives, and that's a big

turn-on. The first time I met him, I watched him with his nieces and nephews and thought, *He's going to be a great dad*. It's what drew me to him in the beginning.

Did becoming a dad change Chris in any way?

It toughened him up. He's never been one to handle blood or injuries well. When we had our first baby, the midwife said to Chris, "She needs to start pushing, so grab a leg." Next

thing I knew he'd fainted! For the next four [births] he stayed above my head with a can of beer in his hand.

What's his best dad talent?

He's the fun one in the family. He's also a lot less strict than I am: He'll bring home a package of Ho-Hos and try to show me the "vitamin category" on the back. I'll say, "There are no vitamins in that." And he'll say, "Yes, there are—look!"



Pride and Joy.

Sporty looks and available 18-inch wheels make it perfectly adorable.



The New Sienna Minivan. **Daddy Like.**



Search Sienna on
Facebook and YouTube

Options shown. YouTube and the YouTube logo are trademarks of Google Inc. Facebook is a registered trademark of Facebook, Inc. ©2010 Toyota Motor Sales, U.S.A., Inc.

toyota.com/sienna

Everybody loves Chris

Chris O'Donnell first hit the Hollywood scene as the perfect Boy Next Door: those sparkling blue eyes, that quiet confidence, that unpretentious ease. Yes, this was definitely a guy you could get hot and bothered about—and bring home to Mom. Well, that boy is all grown up now and has five kids of his own. And you know what? He might just be even dreamier.

At the REDBOOK photo shoot in Venice, CA, Chris O'Donnell has one kid hanging off each arm, one in his lap, another with her arms around his neck, and a fifth—yes, a fifth—tugging at his feet. And no nanny in sight. That's right: The former teen heartthrob has matured into the ultimate family man. After smaller roles in films like 1990's *Men Don't Leave* and 1991's *Fried Green Tomatoes*, Chris landed his breakout role opposite Al Pacino in 1992's *Scent of a Woman*, for which he was nominated for a Golden Globe. From there, his career took off: He romanced Minnie Driver in 1995's *Circle of Friends*, played Robin the Boy Wonder in *Batman Forever*, and was even offered the lead in 1997's *Men in Black* but turned it down to focus on his family. (The role ultimately went to Will Smith.) Now starring on CBS's latest addition to the hit *NCIS* franchise, *NCIS: Los Angeles*, Chris still manages to attend every one of his kids' weekend sport-



By Laurie Sandell Photographed by Matt Jones



The O'Donnell Bunch, from
left: Finley, 4, Chip, 9,
Chris, Charlie, 6, and Lily,
10. Not pictured are mom
Caroline and the littlest
O'Donnell, Mäeve, 2

JUNE

men, sex & love

America's hottest husbands



28
Meet our
passionate,
patriotic
contest winner!

Guys'
heart
stuff
14

He has love
dilemmas too:
Advice guru
Karen Karbo
tackles them.

The
sexiest
man
ever
18

With a little
Patrick Dempsey
and a dash of
Taye Diggs, we built
the perfect guy.



His day of
beauty
20
Macho men
try some girly
grooming.



What he loves about you



24
Our guy
columnist reveals
how women
make men's
hearts melt.

4 Big daddy

He's all grown
up—but Chris
O'Donnell is
still our fave
boy next door.



REDBOOK® (ISSN 0034-2106) is published monthly, 12 times a year, by Hearst Communications, Inc., 300 West 57th Street, New York, NY 10019 U.S.A. Frank A. Bennack Jr., Vice Chairman and Chief Executive Officer; Catherine A. Bostron, Secretary; Ronald J. Doerfler, Senior Vice President, Finance and Administration. Hearst Magazines Division: Cathleen P. Black, President and Group Head; John P. Loughlin, Executive Vice President and General Manager; John A. Rohan Jr., Vice President and Group Controller. ©2010 by Hearst Communications, Inc. All rights reserved. REDBOOK is a registered trademark of Hearst Communications, Inc. Periodicals postage paid at New York, N.Y., and additional entry post offices. Canada Post International Publications mail product (Canadian distribution) sales agreement No. 40012499. Editorial and Advertising Offices: 300 West 57th Street, New York, NY 10019-3797. Subscription prices: United States and possessions: \$17.97 for one year. Canada and all other countries: \$29.97 for one year. Subscription Services: REDBOOK will, upon receipt of a complete subscription order, undertake fulfillment of that order so as to provide the first copy for delivery by the Postal Service or alternate carrier within 4-6 weeks. From time to time, we make our subscriber list available to companies who sell goods and services by mail that we believe would interest our readers. If you would rather not receive such mailings, please send your current mailing label or an exact copy to Mail Preference Service, P.O. Box 7024, Red Oak, IA 51591. For customer service, changes of address, and subscription orders, log on to service.redbookmag.com or write to Customer Service Department, REDBOOK, P.O. Box 7186, Red Oak, IA 51591-0186. REDBOOK is not responsible for unsolicited manuscripts or art. Unsolicited manuscripts and photographs will not be returned unless accompanied by return postage and envelope. Canada BN NBR 10231 0943 RT. POSTMASTER: Please send address changes to REDBOOK, P.O. Box 7186, Red Oak, IA 51591. Printed in the U.S.A.

**DO THEY CHARGE
YOU IF YOU USE
THE CARD?**

**DO THEY CHARGE
YOU IF YOU DON'T
USE THE CARD?**

ENOUGH.

Switch to the Discover® More® card today.

No Annual Fee.

No Reward Redemption Fee.

No Inactivity Fee.

No Additional Card Fee.



Visit discover.com

Call 1-800-DISCOVER

BRAUN



Smoother* skin every morning.
It's not just a gift for him.

Give him the gift of smooth. Braun Series 7 with the Clean and Renew™ system cleans, charges and lubricates for a shaver that performs like new every day – all at the touch of a button. So you can enjoy his close shave as much as he does. Find out more at braun.com

Braun Clean and Renew™. For a like-new shaver every day.

*vs. previous Braun shavers

THE FATHER'S DAY GIFT THAT WILL GET YOU CLOSE TO YOUR GUY

presented by

BRAUN



GIVE HIM THE GIFT OF SMOOTH WITH THE BRAUN CLEAN & RENEW™ SYSTEM!



The
Must-Have
Father's Day
Gift!

There's nothing better than a little face time with your guy, especially if his skin is soft and clean shaven! This Father's Day, treat him to a Braun electric shaver. We promise, you'll like it almost as much as he does!

- ▶ **THE BRAUN SERIES 7 SHAVERS PROVIDE OUTSTANDING SMOOTHNESS AND SKIN COMFORT.** Our premium electric shaver provides advanced technology and aesthetic design for exceptional comfort—and a perfect shave.
- ▶ **THE BRAUN SERIES 7 SHAVERS ARE EQUIPPED WITH THE INTELLIGENT CLEAN & RENEW™ SYSTEM.** At the touch of a button, it automatically cleans, charges, lubricates, and dries* the shaver.
- ▶ **WITH THE UNIQUE BRAUN CLEAN & RENEW™ SYSTEM, HIS SHAVER WILL PERFORM LIKE BRAND NEW EVERY DAY—WITHOUT ANY EFFORT.** Plus, Braun Clean & Renew™ shavers kill 99.9% of germs for optimal skin health and comfort. Now that's one smooth operator!

*Series 7 790cc only (shown above)

LEARN MORE AT BRAUN.COM.

MEN, SEX & LOVE

Hunky Hollywood dad Chris O'Donnell

PLUS

Meet the man
you voted

**America's
Hottest
Husband**

REDBOOK

